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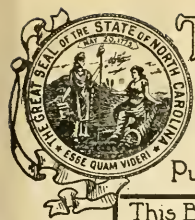
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The Health Bulletin

Published by THE NORTH CAROLINA STATE BOARD OF HEALTH

This Bulletin will be sent free to any citizen of the State upon request.

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Vol. XXX

APRIL, 1915

No. 1

WHAT THE LEGISLATURE DID

The last General Assembly favored public health. They made no drastic or spectacular move against preventable disease but what they did was a substantial step forward. Here is a brief summary of the public health legislation passed:

1. The Vital Statistics law was practically perfected.
2. A training school for nurses was authorized at the State Sanatorium.
3. Provision was made whereby towns and counties may pay the necessary \$1.00 per day for their indigent tubercular sick at the State Sanatorium.
4. Provision was made whereby counties employing a county physician might terminate his services at any time in order to employ a whole time county health officer.
5. Provision was also made for slightly increasing the capacity of the Sanatorium, for an antitoxin farm, and for partially supplementing the deficiency that will be made by the withdrawal of the support that has been rendered by the Rockefeller Sanitary Commission.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A post card will bring it by return mail.

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| No. 10. Care and Feeding of Babies. | No. 30. Measles. |
| No. 11. The Plague of Flies and Mosquitoes. | No. 31. Whooping Cough. |
| No. 12. Residential Sewage Disposal Plants. | No. 32. Diphtheria. |
| No. 13. Sanitary Privy. | No. 33. Scarlet Fever. |
| No. 14. Hookworm Disease. | No. 36. County Health Work on an Efficient Basis. |
| No. 19. Compilation of Public Health Laws of North Carolina. | Anti-Spitting Placards (5 inches by 7 inches). |
| No. 21. Fly Leaflet. | Anti-Fly Placards (11 inches by 19 inches). |
| No. 22. Baby Leaflet. | Anti-Typhoid Placards (14 inches by 22 inches). |
| No. 23. The Vital Statistics Law. | No. 41. Tuberculosis. |
| No. 25. Typhoid Fever Leaflet. | No. 42. Malaria. |
| No. 27. The Whole-Time County Health Officer. | No. 43. Practical Privies. |
| No. 28. Typhoid Fever. | No. 44. State Policy for the Control of Tuberculosis. |
| No. 29. Rules and Regulations for County Boards of Health. | |

THE Health Bulletin



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Vol. XXX

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No. 1

EDITORIAL BREVITIES

All outdoors is ours for the taking—the health of sunshine and fresh air and that good feeling that comes extra.

Usually what is food for flies is poison for man. Where they feed you should not feed. Where they swarm they find something to eat. If it is in the meat shop, the cafes or restaurants, the grocery stores or your own kitchen, you should not eat there.

If for some reason you did not have your spring cleaning in March, get it done the first days of April. Don't stop with cleaning the house. Clean the yards, back and front, and see that there's no winter trash left, or places where flies or mosquitoes may breed during summer.

Now is the time to fight the fly. Don't wait till next month or the next when he arrives with a host ten thousand strong, to try then to put him to death. Strike now while he is one. Clean up. Destroy his breeding place. Leave him nothing to live on. The fight now against individuals is easy compared to the ten thousand new recruits next month.

More and more it is being found through investigation that backward school children, delinquents and truants and even juvenile criminals have some physical defect as the cause of their being where they are. Many of


the defects have been found to be bad eye sight, bad teeth, adenoids, enlarged tonsils or glands and those diseases that are easily remedied if discovered and treated in time.

If you have that "tired, good for nothing" feeling, don't think that all you need is to invest a dollar in some tonic or blood purifier. That is your first inclination, no doubt, but take the second thought. Change your living habits—perhaps you are eating too much, meat especially, or not getting enough exercise, or not drinking enough water, or not getting eight hours regular sleep—and in less time than you could have taken the medicine you will be feeling better and will have saved your dollar and self respect.

Eat vegetables. Now is the time you should do away with meats and heavy winter diets and eat vegetables. Not mainly because you have them, and lest they should waste, should you eat them, but because you need them, your body demands them. Bulky, laxative foods as spinach, mustard, green peas, string beans, spring turnips, lettuce, radishes, etc., are necessary in the early spring diet. If you do not have them in your own garden and they are not to be found in the market, live on canned vegetables a while longer. If at this season you eat mainly vegetables and fruit, drink plenty of water and take daily exercise in the sunshine and open air, you will not be likely to have an attack of spring fever.

NOTICE TO PHYSICIANS

Influence of Age and Temperature on Antitoxin and Vaccine

 THE best temperature for the storage of all these biological products is between 32° and 41° Fahrenheit (0° to 15° C.). The average ice box, which with ice constantly present maintains a temperature between 32° and 60° F., is conceded to be satisfactory for all practical purposes.

Diphtheria Antitoxin and *Tetanus Antitoxin* will lose about 10% of their potency in twelve months in ice box; they will lose about 10% in six months in room without ice in winter; and they will lose about 10% in three months in room without ice in summer. To offset this deterioration "it is the custom of licensed manufacturers of diphtheria and tetanus antitoxin to place in their packages of antitoxin from 20 to 30 per cent excess." If fresh antitoxin is not at hand, there need be no hesitation in using old stock provided allowance is made for loss of potency, according to method of storing.

Change of color and slight sediment in diphtheria antitoxin does not necessarily indicate contamination. The risk would be greater if injected intravenously than if injected subcutaneously.

Smallpox Vaccine is good for two months if kept in ice box, but will lose potency in less than a week at room temperature in summer.

In regard to *Typhoid Vaccine*, no satisfactory data is procurable, inasmuch as there is no potency standard for measuring its efficiency. The commercial typhoid vaccines are recommended as good for use for twelve months. The State Laboratory of Hygiene follows the U. S. Army in discarding all typhoid vaccine which is more than four months old. It is believed that no appreciable deterioration occurs


during the one or two days necessary for transportation, but it is recommended that it be stored in ice box.

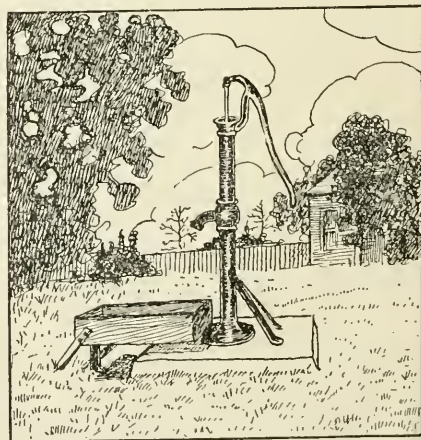
DR. C. A. SHORE,

Director State Laboratory of Hygiene.

SANITATION OF THE COUNTRY HOME

What the Farmer Can Do to Make His Home Sanitary

 T is a new story especially to most country people that the city is healthier than the country. It has not been long, however, since the reverse of this story was true, when country people were healthier than city people—when country people held it in mind that cities were in health as well as in morals Sodoms and Gomorrahs, centers of degeneration, due to wither and decay. But the tables have turned somewhat. Statistics show that the rural death-rate is higher than the urban, except in the small towns where there are no sanitary measures enforced and no pro-



CLOSED WELLS ARE SAFER

tected water supplies. This difference is particularly noticeable in the death-rate from typhoid fever and diarrheal or baby diseases.

So it is very largely a question of sanitation. Water, filth and flies—sources of typhoid and most baby diseases—make the country death-rate higher than the city death-rate.

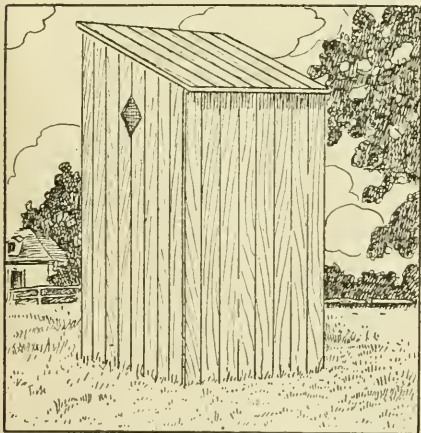
The sanitation of the country home is more or less an individual concern, and perhaps for this reason the country has not made the advance in bettering health conditions that the city has. While it is to the country's disadvantage in having no sewage disposal plant and no law compelling cleanliness, the farm house is not altogether defenseless. It can to a great extent make sanitary and safe its environments.

As to the home water supply, the country home owner can see that his well or pump has no drainings from stables, barns, privies and other out-houses, and that no surface waters enter the well. A bucket and chain should not be used as handling these causes

the main sources of typhoid and that flies are the main carriers; therefore to guard against this disease the privy must be made as flyproof as possible. A cheap practical privy for the country home is what is called the pit privy. It sits over a pit 4 or 5 feet deep and is weatherboarded down at the back so as to make it flyproof. If the ground is soft and has a tendency to cave in, a frame may be placed inside the pit, at least around the top. In the course of a few years if the pit should fill up, it would be necessary to dig a new pit near by, fill up the old one, and set the privy over the new one. The privy should sit close down on the ground all around to exclude flies, and the seat holes should have self-closing covers. It should be located at least 200 feet from the well or pump or spring, and on lower ground where the drainage from the pit will be away from the well or spring. Care should be taken to prevent surface water from draining into the pit.

The house should be well screened against flies, especially where the food is prepared, cooked and served. It is possible to have a flyproof kitchen and a safe home by screening all the doors and windows *and the back porch*. It is quite necessary to screen the back porch as food is often prepared here and flies are attracted to it by the odors of the food and from the kitchen. The porch also serves as a harbor for flies in rainy weather. Screening the back porch and the doors and windows practically solves the fly problem of any home.

Cleanliness in, as well as about, the country home is perhaps the greatest health factor. The yard and home environments should of course be well drained, the stables, barns and out-houses placed at a safe distance, the yards kept clean and free from trash—all this, of course—but unless there is cleanliness in the home it becomes like the inside of the cup, a whited



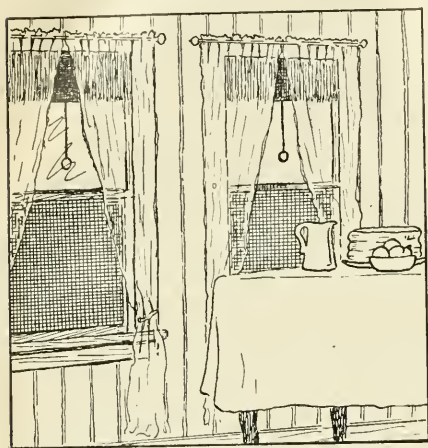
CLOSED PRIVIES PREVENT TYPHOID

the water to become dirty and unfit for drinking purposes. To adopt safest measures, he should use a pump for drinking water or a well in which a pump has been placed and the top of which has been cemented over.

He must know that open privies are

sepulcher which appears beautiful without, but within, all uncleanness.

There must be first of all cleanliness of food, especially in its preparation. Food on which flies have crawled is dangerous. Milk demands the most particular care and cleanliness, otherwise it becomes dangerous. All uncooked food, especially, should have careful attention and be kept from flies.



SCREEN THE FLIES OUT

The next greatest concern is personal cleanliness and cleanliness of the home in general. To keep the body clean by frequent bathing is one of the best safeguards against every disease, especially in warm weather. The sleeping room should be scrupulously clean. The bed clothing and night clothes should be sunned frequently and aired daily. The sleeping room should be well ventilated day and night and should not be over crowded, either with persons or things.

With these foregoing practical precautions and the good common sense that usually abounds in the country, there is no reason why any farm house should not become safe and sanitary. Now that spring has come when the young flies buzz in the sunshine, ready to start on their deadly journeys, no

home should be found unprepared to meet the situation. Prevention should seize upon the mind of every farmer and not let go till his family and home are protected and safe.

As a further preventive of typhoid we urge anti-typhoid vaccination. So efficient has this means proven in preventing typhoid fever and in reducing the death-rate from this disease that it is accepted as offering almost absolute immunity. The treatment causes only a slight indisposition—perhaps a headache, rarely any fever—and offers immunity three or four years, perhaps longer. Ask your county health officer or your physician to write the State Board of Health, Raleigh, for sufficient treatment for your family.

WHICH SEASON SHALL IT BE?

North of the Mason and Dixon Line winter is considered the sickly season of the year. South of the Mason and Dixon Line summer and autumn have been considered the sickly season on account of the prevalence of typhoid and malaria, but so rapidly is the knowledge of sanitation and the use of vaccination against typhoid driving out these two diseases that the South also will be forced to accept winter as its season of sickness.

Meanwhile the North sees where it can change winter, as its most sickly season, as the winter diseases are due to germs and are the most prominent factor producing the sickness rate. Pneumonia is found to be at the head with the common colds as a disabling factor closely following. The other leading diseases, also due to germs, may be mentioned as scarlet fever, measles, rheumatism, bronchitis and other like preventable diseases. The solution of the northern situation, they claim, lies more or less in the question of ventilation. Germs and bacteria do not propagate in zero weather, therefore it stands to reason that the north-

ern disease germ is of the hot house variety, but no weakling. Germs can and do flourish at hot house temperatures. The point is: Northern people spend too much of their time in hot houses and not enough in the open air. It is at this point through education the North hopes to make the change.

If the South be wise she will also fight winter disease germs with fresh air—breathing it and living in it. The advantages are on the South's side and there's no reason her sickness rate from winter diseases should not also be greatly reduced. In the meantime she should not let up on typhoid and malaria, but should rid herself of these blights also.

ROOSEVELT ON HEALTH

In an address on "The Conservation of Natural Resources," Ex-President Roosevelt said, "Let us remember that the conservation of our natural resources, though the greatest problem of today, is yet a part of another and greater problem to which this nation is not yet awake, but to which it will awaken in time and with which it must hereafter grapple if it is to live—'The Problem of National Efficiency'—in which the most important factors are the mental, physical and moral fibre of its people."

TYPHOID STOPPED IN EUROPEAN WAR

Typhoid vaccine is again demonstrating its efficiency. Of the French active army, practically all had been vaccinated against typhoid before the war broke out. A great many of the territorials and others subsequently drafted into the army had not been vaccinated. During the latter part of October a great many cases of typhoid developed among these men. Vaccinating doctors were according sent to the firing line and a whole army corps of 40,000 of these men were immunized against typhoid. By the end of De-

cember the good results from this treatment became apparent. Typhoid had practically disappeared, and the only cases remaining were among the men of two regiments which the doctors were unable to reach.

BE A HOG

A delegation from a certain state went to Washington to secure financial aid to help control the ravages of tuberculosis in their state. They were promptly informed that there were no funds available as no provision had been made for this purpose.

Soon after this an epidemic of hog cholera broke out in the same state. Upon receipt of the information by the Government authorities, a special car was equipped and dispatched forthwith regardless of expense. Why? Because hogs have a monetary value.

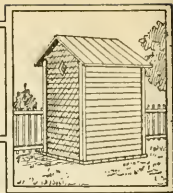
Senator Root, in speaking of this, said, "If you want to get anything from Washington, be a hog."

The misfits in life offer sufficient evidence that a fair proportion of babies are born deficient and that children are not developed to the full extent of their possibilities. Certainly an educational system which takes little or no account of the physical and mental composition of the material it is called upon to mould, is deficient.

It is the unanimous opinion of all authorities and students of the disease of tuberculosis that sanatoria offer the only practical and safe way of fighting the ravages of the White Plague. By means of these institutions the patient himself can be cared for and treated in the best possible manner, the patient's family are protected by having the source of danger removed, the patient can be cured in a much shorter time in a sanatorium than by home treatment, and be returned to his family to care and provide for it as before.



PUBLIC HEALTH AND SANITATION



WOMEN AND HEALTH WORK

How Women's Clubs May Organize and Obtain Sanitary Conditions for Their Town or Community.

WOMAN is the natural born house-keeper and when it comes to cleaning house, whether it be private or municipal, she is in her sphere. Yet, where men and women work together, most is accomplished, whether it be in the home, in the church or in the state. It is especially true in health work. Woman instinctively feels the call to better conditions, not only for her own family but for all the families. The more interested she becomes in making her own home clean and safe, the more interested she becomes in her larger home, her neighborhood and town.

Some one has said that women in this country have gone mad on the subject of betterment work. It's not that at all. They have simply awakened to common needs and to natural rights that have for centuries been kept asleep. They are likewise responding to the light that has been given them. Furthermore they are quickened to their responsibility as mothers and citizens and are seeking to meet this responsibility.

We predict that woman's part in public health work has just begun in North Carolina. We further believe that through woman's activities, through her betterment clubs and various other organizations, that health work is to receive its greatest impetus in the next few years. The State Board of Health is frequently called on by these clubs to furnish them plans and suggestions and give directions to

some definite line of work that they may work surely to some end. Consequently we are glad to suggest here what we believe will be practical ways and means of accomplishing much good and improving the health conditions in any town or community. Under the headings, "What to Do," "How to Do It," and "Special Topics for Study," we offer plans that have worked effectively through clubs for health, and that proved free from working friction and antagonism. Here we would advise that unity and coöperation, especially among officials and other organizations, are the greatest factors making for success in health work and progress. Antagonism is destructive of all good results.

What to Do

First. Know the general needs of your town or community. Make sanitary surveys. Know that the source of your water supply is free from contamination, that your milk supply is pure, that your sewer system is not defective, that there is proper drainage, that garbage piles and stables are not sources of flies, that the market and grocery stores are sanitary, that food is not exposed to flies and dirt and that the streets and alleys are clean.

Second. Know the town ordinances, the laws that are enforced and those not enforced. Know the official duties of town and county officers. Have some acquaintance with the town budget—its source and outgo. Too often it has been the case that where ten dollars have been spent on cure and relief, only one dollar was spent on prevention. Health expenditures should be the other way—ten dollars for prevention where one for cure.

Third. Coöperate with town or county health officers. Enlist the support of the mayor and town commissioners, also the Chamber of Commerce. See that efforts along the same line on the part of officers or other organizations are not duplicated. Organize for team work.

How to Do It

First. Give publicity to facts and conditions. Make known the findings of the survey or tour of investigation by use of newspaper. Offer definite, well thought out plans of remedy to every unfavorable finding.

Second. Institute campaigns for cleanliness—against filth, flies, unclean food, food shops, and markets; against nuisances, and all conditions detrimental to health. Apportion the several districts or wards to several committees. Enlist householders, business and professional men, newspapers, schools and school children. Enlist the colored people also.

Third. Institute campaigns for health education. Distribute free literature that may be obtained from the State Board of Health, Raleigh. Arrange for public lectures and private talks. Make use of newspapers, articles, moving pictures, posters, handbills, etc., to increase health information. Use the slides and lectures prepared and sent free by the State Board of Health. Offer prizes to school children for best essay on health subjects. Enlist the ministers and churches.

Fourth. Observe clean-up weeks, public health days—Tuberculosis Sunday, for instance—and all better health movements. Belonging to this class may be mentioned anti-typhoid vaccine treatment, better baby contests, and better health exhibits in connection with county or community fairs; also the sale of Red Cross Seals, etc.

The foregoing is in line with organizing and getting down to work. It presupposes departmental work, com-

mittee work, and every division and subdivision necessary to enlist the interest of all and put all to work. But it does not presuppose that every suggestion can be carried out at one time or in the order of the suggestions. It is merely a working basis, and one that with abundant faith and strong conviction will attain success, if "gone hard after."

Special Topics for Study

For club study and discussion, for a broader and more intelligent working basis, and for the accomplishment of efficient work and definite results on the part of the club, we offer here a series of studies that may be amended or changed to suit the needs and occasion.

I. THE CHILD AND THE SCHOOL.

1. His rightful inheritance: Sanitary surroundings in which to live and grow—home, school, community.
2. The necessity of forming healthful habits—clean teeth, clean hands, breathing through nose, daily exercise, sleeping regularly in fresh air, etc.
3. The school: Proper heat and ventilation; Common drinking cups and towels; sanitary closets, etc.
4. Report of committee on sanitary condition of school.
5. Dental and medical inspection of school children. Its value.

II. CONTAGIOUS DISEASES—MEASLES, WHOOPING COUGH, SCARLET FEVER, DIPHTHERIA.

1. Crime of exposing children to such diseases. The idea a relic of barbarism.
2. Serious results: Weak eyes, deafness, lameness, weak lungs, etc.
3. How prevented—Cleanliness a great factor.

III. TUBERCULOSIS—THE GREAT WHITE PLAGUE.

1. Cause and spread—Carelessness spreads consumption.
2. Prevention—Control of sputum.
3. How the "cure" may be had—sunshine, fresh air, rest and good food. Sanatorium best place.
4. Report of committee on local tuberculosis work and needs.
5. Fresh air schools.

IV. TYPHOID AND MALARIA.

1. Sources of typhoid—either eaten or drunk.
2. How to prevent typhoid.
 - a. No filth, no typhoid.
 - b. Vaccinate, no typhoid.
3. The Mosquito and Malaria.
4. How to Prevent Malaria.
 - a. Destroy mosquito.
 - b. Quinine as a preventive and cure.
5. Report of committee on local sources of typhoid and malaria.

V. FOOD SANITATION.

1. Screened and unscreened food.
2. Woman's part in the pure food campaign. Know labels and demand quality.
3. Report of committee on sanitary conditions of local markets, grocery stores, restaurants and food shops.

VI. PATENT MEDICINES.

1. Harm of patent medicines.
 - a. Cause delay of proper treatment.
 - b. Cut chances of recovery.
 - c. Reduce financial aid.
2. Fraudulent and deceptive.
 - a. Exorbitant prices.
 - b. Exorbitant claims.
3. Narcotic and alcoholic.

VII. ALCOHOL AND TOBACCO.

1. Alcohol versus health.

2. Alcohol and degeneracy.
 - a. Idiots.
 - b. Delinquents.
 - c. Criminals.
3. Tobacco versus health.
4. Boys and cigarettes.

ORGANIZE NEIGHBORHOOD MOTHER CLUBS

Health Work Specially Adapted to Women's Clubs



O us there is no more appealing and essentially important work that women or women's clubs might enter into than forming and supervising Neighborhood Mother Clubs. These clubs are specifically for mothers—all the mothers in the neighborhood—and have for their purpose the instruction of mothers on all subjects pertaining to her and her child. In other words the aim of the Mother Club is to have better mothers and therefore better babies.

The idea originated with the Better Babies Bureau of the Woman's Home Companion and has proven, during its short existence, its helpfulness to thousands of mothers and their children. This bureau offers free a series of programs for a year, or a year's work, and a limited amount of literature especially valuable to all club members.

The subjects of the programs outlined for the year fall under these three interesting heads: Prenatal Care; Care and Feeding of Infants; From Babyhood to School Age. These may be varied to suit the needs. For the fuller preparation of these programs, a list of reference books, with the names of the authors and publishers, also the price, is given. These may be borrowed or purchased as the club sees fit. It further suggests a most helpful plan of organizing which we give below.

Those who may become interested

in this great work of bettering humanity will find full cooperation and every necessary aid and suggestion by writing the Better Babies Bureau of the Woman's Home Companion, 381 Fourth Avenue, New York City.

Suggestions for Organizing a Neighborhood Mother Club

The success of a mother-club depends largely upon the manner in which it is organized. It must be democratic.

Its membership should be limited to mothers. In a city it should be confined to a certain neighborhood. In a small town or village the membership may be drawn from the entire community.

In order to secure active co-operation from the entire membership, the organizer or leader in the work should have three qualifications—executive ability, personal popularity and a mind open to suggestions.

Hold your opening meeting in a place where mothers will feel free to come. A school house always appeals to the community spirit. If a private house is chosen, be sure that its mistress is not too fashionable and that she has the gift of making women feel at home. Many mothers, who would like to join your organization, have neither the wealth nor the time for social functions, but they can give an occasional hour or two to study the needs of their children. Make your club what the name implies—A Neighborhood Mother-Club—an organization for the interchange of ideas. Keep it free from the spirit of patronage.

Announce your opening meeting in your local papers thus:

"Mothers who are interested in the physical and mental betterment of their children, are invited to meet atonat o'clock, for the purpose of forming a Neighborhood Mother Club. The object of the organization will be the study of practical child hygiene, the physical and mental development of

children, and household sanitation. This is an important movement for the betterment of our homes and our home-life, our children, and our community. All mothers will be made welcome."

Let your organization plans be simple. At the first meeting elect a temporary chairman and secretary. Present a general outline of your program, asking for suggestions. You may then elect permanent officers as follows: president, vice-president, secretary and treasurer. Your president will appoint a committee on program.

The president will preside over all meetings at which she is present. The vice-president will preside in her absence. The treasurer will handle all funds. The secretary will carry on all correspondence. The chairman on program will plan a program for each meeting, assign topics to members, secure the services of special speakers and arrange for music, if it is desired.

If there are dues, make them light. If the meetings are held in a school house or private house, your expenses will be small. Dues of ten cents a month will be ample to pay for postage on correspondence handled by the secretary, and for the occasional purchase of needed books.

Fortnightly meetings are generally sufficient for busy mothers. Limit your business discussions to ten minutes, which is time for the reading of the minutes, reports of the secretary and treasurer. Limit all papers, talks, etc., to twenty minutes, to be followed by a ten minute discussion.

Emphasize the spirit of helpfulness and cooperation. Many a mother club has died because a well-meaning president has supplied an imposing array of special speakers, but failed to interest her members in discussions or to draw on their supply of mother-lore.

When you invite physicians, registered nurses or educators to speak, tell them frankly that all speeches are limited to twenty minutes.

If you will send ten cents in stamps,

for postage and packing, the Better Babies Bureau will supply you with seven Better Babies Health Posters to be hung on the walls of your meeting room.

Clubs wishing to distribute in their community the Better Babies pamphlets—"Hints to Mothers Who Want Better Babies," "What Every Mother Wants to Know About Her Baby" and "Little Helps for Expectant Mothers," can secure these by paying the express or mailing charges. Express charges are collect. No charge is made for the pamphlets. Write to the Director of the Better Babies Bureau, stating specifically which of these pamphlets you desire and how many of each you wish to distribute.

At the end of a year's work, your mothers will realize the great value of cooperative study, interchange of ideas and practical work for family and public hygiene. Your organization will become a power for good in your community and will be able to carry forward many civic improvements.

CRIME STALKS ABROAD.

How Innocent Sick are Duped into Early Graves for Paltry Dollars.

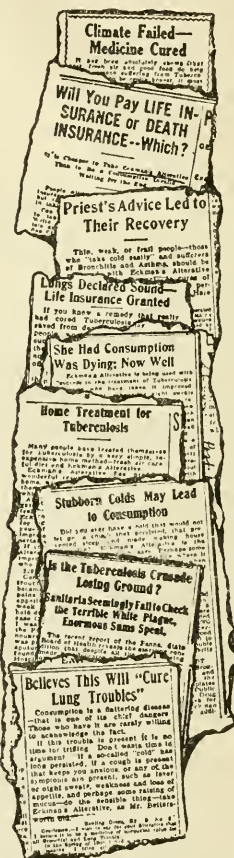


MURDERERS stalking abroad in our land could be no worse than these insidious betrayers of innocent blood. The accompanying letter from a despairing husband is typical of hundreds of tragedies patent medicines are responsible for in North Carolina every year:

"GENTLEMEN: My wife has been down for the past two years with tuberculosis and I have tried all most everything. She is now using a very expensive medicine Eckman's Alternative at \$2.00 for every 17 table spoonful. She has used 12 bottles. I can't see any improvement. Please tell me just what you know or think of it in a case like this. Thanking you for any advice rendered."

Here in a nutshell is a typical story of hundreds of other similar crimes

going on all over this State of ours right now. About how many of these blood frauds do you suppose there would be if the religious and secular press of the State would stop advertising patent medicines? Read what the American Medical Association has to



SAMPLE ADVERTISEMENT OF
ECKMAN'S ALTERNATIVE.

say about Eckman's Alternative, and ask yourself who is responsible for such tragedies.

"Eckman's Alternative resembles Tuberculozyne in three particulars: (1) it is sold as a 'consumptive cure'; (2) it is exploited by a horse doctor; (3) it is a cruel fraud. It further resembles Tuberculozyne in that it is ad-

vertised by the testimonial method, but then practically all 'patent medicines' are sold in the same way. The product is sold by the Eckman Manufacturing Co., Philadelphia, and is said to be the 'discovery' of T. T. Eckman, a veterinarian, who first tried it on cows and later experimented on a member of his own family.

"Instead of being sold on the mail-order plan, as Tuberculozyne is, Eckman's Alterative is sold through the medium of the druggists. It is heavily advertised in the daily press, the advertisements consisting, generally, of testimonials, to which are attached laudatory paragraphs about the preparation, with the names of the local druggists inserted. An extensive advertising campaign is being carried on and it is reported that the Eckman concern spent \$150,000 during 1912 in advertisements. Here are some of the claims made for this nostrum:

"'A medicine for the cure of tuberculosis. It has cured this disease again and again.'

"'Cures have been effected . . . where no intelligent care was taken of the patient, where money was scarce; good food and good cooking unusual.'

"'Consumptive patients need no longer dread either the fate that formerly overtook all sufferers from lung trouble, or costly and often terribly inconvenient journeys far from home to other climates or to some expensive sanatorium. Hundreds are now staying quietly at home curing themselves at no expense beyond the cost of a few bottles of medicine.'

"'The sanatorium treatment has only benefited temporarily, while Eckman's Alterative has cured.'"

These quotations are sufficient to show that the firm uses the methods classical to "patent-medicine" fakirs: that of attempting to discredit the rational scientific treatment of disease and to substitute therefor a worse than worthless nostrum.

Eckman's Alterative was analyzed in the laboratory of the American Medical Association and the chemists' report follows:

LABORATORY REPORT.

Eckman's Alterative comes in an 8-ounce bottle and is a dark brownish, turbid liquid with a strong odor of cloves. The label declares the presence of 14 per cent of alcohol. Qualitative tests demonstrated the presence of alcohol, calcium, a chlorid, small amounts of vegetable extractive and traces of vegetable tissue. No other substance of a medicinal nature was detected.

Quantitative examination gave the following results:

Total solids (residue at 100 c.), including 3.93 gm. of calcium chlorid (CaCl ₂)	6.25 gm.
Alcohol	11.22 gm.
Insoluble residue	0.073 gm.
Water and undetermined, to make	100.00 cc.

This analysis agrees in general with that made by the New Hampshire authorities who reported the presence of 3.59 per cent of calcium chlorid and small quantities of powdered cloves.

Here then we have a mixture of alcohol, calcium chlorid and cloves, which every intelligent physician knows is perfectly worthless for the cure of consumption, sold at an exorbitant price—\$2 for eight ounces—under the cruelly false claim that it will save the tuberculous. As has been pointed out time and again, the inherent viciousness of fraudulent consumption cures lies in the fact that they lead the sufferer to abandon or ignore those hygienic and dietetic measures which are his only hope. It is not easy, it is not always comfortable, it is frequently disagreeable to follow the treatment which experience has shown to give the only hope of success. It is much easier to continue living the life which, in so many cases, has been responsible for the consumptive's condition; merely taking at stated intervals a medicine which its manufacturers declare to be all that is necessary to bring about recovery.—*Journal A. M. A.*



CHILD HYGIENE

SPRING WEATHER AND THE BABY

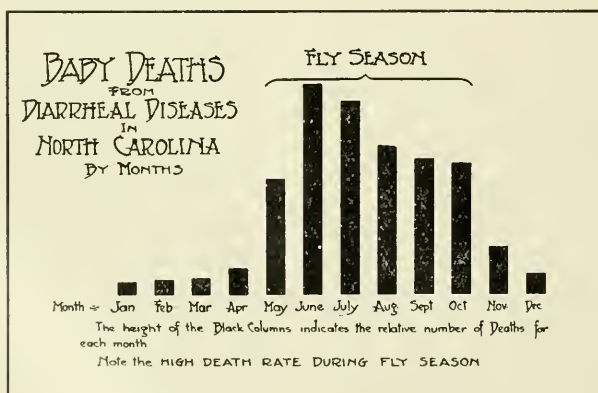
How the Baby Should Be Cared for in Spring and Summer

In April and May the baby death rate begins to climb. It reaches its height in June and July. Why? There are a number of reasons why this is true. The change of weather most likely has something to do with it; baby's food and clothing is another factor; while to flies can be traced the greatest cause.

Baby in hot weather needs especial care and attention. Heat is weakening. It strikes at every point where

air bring baby to the brink of the grave, but dirt pushes it in. Next to the hand that feeds it, baby blesses the hand that bathes it and keeps it clean.

The accompanying cut shows the high death-rate of babies in North Carolina during fly season. Flies are carriers of dirt and disease. Flies are the especial disseminators of the diarrhoeal diseases, better known as summer complaint. And yet this disease that is most dreaded by mothers, especially dreaded by those mothers who do not nurse their babies, can to a great extent be prevented. Flies must not crawl over baby's face or



baby has been neglected or has not had the proper care. If baby's food is not the best—mother's milk—heat is likely to spoil it; if the air it breathes is stuffy and foul, heat makes it sickening; if there's uncleanness about baby, about its clothes, its bed, the floor on which it crawls or its playthings, hot weather makes them dangerous. Dirt is baby's poison. Someone has said that bad food and bad

come in contact with any of its food. Its bottle, nipple and milk must be kept entirely away from flies. The nipple and bottle should be cleaned in hot water before each using. What is very important, baby should be kept comfortably cool and given pure fresh air to breathe. It should be kept scrupulously clean. It should have a daily bath and a daily change of clothes for comfort and its best health.

TO AVOID EYESTRAIN FROM CONTAGIOUS DISEASES

If your child is out of school recovering from an attack of some disease like measles, mumps, whooping cough, scarlet fever, diphtheria and the like, don't rush him back to school as soon as the doctor announces him free from contagion. To do this is to run a great risk of eye-strain which may prove his injury for life.

In any of the above named contagious diseases the eyes are greatly weakened, especially for near objects as writing, and the sudden strain from near to distant objects often prove too much for the eyes of one recuperating from any of these diseases, and eye-strain is the result. This result is usually accompanied with a flow of tears or with a smarting or burning sensation, but fortunately it is frequently outgrown.

It is well to give the child time to fully recover his bodily strength and then allow extra time for the eyes. The eyes, however, are not separate and apart from the body and independent of the body's condition. They are a most sensitive part of the body and are kept strong or weak as the body is kept strong or weak. Hence the need of protecting the eyes during illness. Reading should not be permitted to any child suffering from any of the common contagious diseases.

A LESSON FOR CHILDREN

We Are All Children—But of Different Ages

The mouth is the gateway to the body, for health or disease. It was designed for speaking, eating and drinking, but never for breathing, except in emergency. Acquire the habit of keeping the lips closed, shutting out dust and dirt, which irritate and often carry the germs of disease. Most diseases are taken in through the mouth.

Medical inspection of schools has disclosed a serious prevalence of defective teeth among children. Teeth are intended for biting and chewing. They should be used vigorously, thereby increasing the circulation of blood to them. This will nourish and strengthen them, and the gums and jaw will develop accordingly. Any organ of the body not used becomes weak, and more subject to disease.

This is especially true of the teeth. To provide for this we choose a given amount of firm, dry food daily and chew it till it is very fine. It will taste better, and digest more readily, thus giving the whole body greater strength and power to resist disease. Stale, hard bread is fine for this purpose, and nutritious.

It must be remembered that dental caries, or decay of the teeth, has its origin in lack of nutrition, and when the teeth begin to ache or decay consult a dentist or physician at once, for prompt treatment will be necessary to stop the damage.

Immediately after eating, remove all particles of food from around the teeth, using floss or brush, or both. Do this with a will and to the purpose of actually cleaning the mouth, and make this a regular habit of the daily life.—*Exchange*.

The child that is below normal in physical health cannot make satisfactory progress in its studies at school. Sometimes, in fact, as a rule, the ailments are not of the dangerous kind, unless long neglected; but all the same they serve to place the pupil in the defective class, and this seriously interferes with both its educational and physical growth and advancement.—*Chicago Health Department Bulletin*.

The best disinfectants—sunshine, soap and hot water.



IN LOVE WITH THE SANATORIUM

There is usually a sentiment—a most natural one—that all hospitals, sanatoria and institutions for the sick are gloomy, cold-hearted places. Likely there is a feeling of this kind among certain people in our State regarding the Sanatorium for treatment of consumptives. They may have a notion that there is a lack of warmth and sympathy in the treatment, and that the nursing given the patients at an institution of this kind has none of the personal tenderness.

The reason for this feeling, in spite of the “cures” that are sent out, is that the Sanatorium’s way of treating and nursing tuberculosis is different from the usual home way. The home way of nursing, carried out as it should be, is not unlike the Sanatorium’s way, but not one home in a hundred will do it or can do it. Besides the scientific method of nursing employed at the Sanatorium and the constant medical attention, there are numerous other advantages not to be had in the average home. There is to be had pure milk and a proper dietary; there’s the regular periods for rest, recreation and quiet; there’s no reinfection; there’s no home worries or anxieties, and there’s a jolly, congenial crowd doing just the same thing you are doing and consequently you are not lonely.

Taking the cure at the Sanatorium is not such a cold-hearted proposition after all. That the patients find the treatment kind and efficient and that life is not robbed of all its tenderness has been attested to over and over by the patients themselves. As a general thing they fall in love with the place

and are loath to leave it. They feel like it is good for them to be there and there they wish to remain, except, perhaps, for their loved ones at home.

One ex-patient who has recently returned to her home after taking the cure, writes back as follows:

“I have been intending to write you every day since I came home, trying to express my gratitude for the blessed help and health I received while at the Sanatorium.

“I am so truly thankful to you and the staff for the sweet health and strength that I am now enjoying that I shall ever praise you all and pray also for you that God will still give you strength to help others as you have helped me. When I think of the first days there at the Sanatorium, I feel like now I have been resurrected. I am still improving and taking the ‘cure’ faithfully.”

Another writes:

“I had a very pleasant trip home and am very pleasantly situated as far as one can be in a city, but spending the past year in the country and that country in the North Carolina Sanatorium that ‘nestles’ mid the long-leaf pines,’ has quite spoiled me, especially as I am not able to enter into the joys and pleasures of the city life.

“Am I lonesome? Don’t mention it, for when Mr. G—— is off on duty and D—— at school, I am, indeed. ‘Tis then that I take passage on memory’s ship, anchor outside the closed door, peep in and see you all and live over the ‘happy-sad’ days of my stay among you. For, as I often said, the past year was one of the sweetest and happiest, if ‘twas saddest, years of my life. I was brought nearer God and my fellowman and through Nature learned to know Nature’s God more.


“In my walk yesterday I passed S—— Sanatorium, and on the upper porch were standing several nurses. I felt

like waving them a happy smile in love and memory of the dear, sweet nurses over in Sanatorium. I talk Sanatorium, sing Sanatorium, and praise Sanatorium until I am afraid people will think I am Sanatorium mad, but 'out of the abundance of the heart the mouth speaketh,' and my heart will ever be full to overflowing with love and best wishes for the Sanatorium.

"My husband has accused me of being homesick for you all, and I plead guilty, for taking the cure with a jolly and congenial crowd is far different from taking it alone."

THE VISITING NURSE

Her Place in Public Health Work

HE nurse has long been appreciated in the sick room and the hospital where her services are still indispensable, but not until recently has her peculiar fitness placed her in the field of disease prevention and social uplift. On our awakening to the fact that keeping people well is as important or more so than getting people well, the nurse finds open to her an enlarged field of service. She hears multifarious calls. These calls come from multifarious needs. There are visiting nurses of all kinds, in general work, in specialties, such as tuberculosis, nurses in schools, factories, playgrounds, and nurse work connected with babies and young children. Any line of these offers unbounded opportunities to a clever, ingenious nurse for a wide and appreciative work.

In North Carolina the visiting nurse is new, but she is making her way rapidly and assuredly into the ranks of public health workers. Many progressive towns and mill communities have already employed her services and have been more than repaid in the better health, better homes and better living conditions she has brought to them.

General Work

The work of a visiting nurse is much that of a teacher and a mis-

sionary. Perhaps her greatest mission is her educational and uplift work. She goes into the homes of the poor and the ignorant and gives assistance and instruction in an hour of need that wins her appreciation and far-reaching results. She reaches people and places otherwise left destitute, forgotten and neglected. She sees conditions as they are and helps to make them as they should be. Besides the care the nurse must give to the individual patient, she must nurse the room, perhaps the family's only room—see that it is in good order as to cleanliness, ventilation and cheerfulness and all else necessary to the patient's recovery. Furthermore, she must teach the family or some member, to keep it so. She must also instruct as to the attentions needed by the sick one.

With the recovery of the patient, the nurse's duty by no means ends. It is here perhaps her best work begins. She has won the confidence of the patient and family and is now in position to strike at the cause of the illness. It may be unsanitary conditions, intemperance, lack of sufficient food for lack of work, etc., any of which she may be able to help rectify, either through the family itself or through the various agencies of help.

Tuberculosis Work

There is no end to the usefulness of the visiting nurse in tuberculosis work. She induces the patient who is yet in the curable stage to enter the sanatorium for treatment, if he is able or if she can procure the means for him, but in the case of advanced and incurable stages, she gives the nursing and instruction that will be to his comfort and render him harmless to those about him. Where one suspects he has tuberculosis, she hastens him to the physician for examination and then advises him accordingly. She goes into the consumptive home and educates the family in the healthful and sanitary ways of living. She gives

out the elementary yet sufficient facts about tuberculosis—that it is preventable, that it is curable, that fresh air, sunshine, rest and good food are its enemies and that in controlling the sputum you control the spread and contagion of the disease. Many a patient has succumbed to tuberculosis because he did not know how to take care of himself or because he did not know the advantages and availability of sanatorium treatment. Many a patient has spread the disease to others because he did not know its infectious character, and many a person has fallen victim to this disease because he did not know that it was dangerous to eat from the same dish, drink from the same glass or dry his face on the same towel as that used by a tubercular patient.

School and Baby Nursing

There are unlimited opportunities open to the school nurse. The keeping of our little citizens physically fit is not a small task and is not without big rewards. Her services along this line have corrected defective vision and hearing, removed the adenoids of mouth breathers, treated skin diseases and followed up the treatment of children in the home that were examined and prescribed for by the medical school examiner.


But perhaps nowhere is the visiting nurse more valuable to the community and more appreciated by those whom she serves as in her preventive work of infant mortality. She not only nurses sick babies but cares for well babies. She keeps them well by teaching the mother the proper care and feeding of her child and how she may avoid the preventable diseases that claim so many. Nor is that all. The fact that forty per cent of first year infant mortality occurs during the first month of life brings out the fact that one of the most important duties of public health nursing is prenatal work. This work is teaching the mother to

prepare in every way and at the proper time for her child's coming.

The visiting nurse is a valuable asset in any town or community in a number of ways. As an assistant to the public health officer she becomes his strong right hand. Where her services have become recognized she is summoned almost as quickly as the physician, and he, too, recognizes that he cannot do his best without her assistance and cooperation. She is for any town or community an important health factor, a force for education and a power for good to weak and suffering humanity.

CAN'T AFFORD THE RISK

The United States Department of Agriculture Believes in Prevention

 HE United States Department of Agriculture is considering the advisability (to the extent of giving it a special hearing) of prohibiting the importation of all corn from Java, India and parts of Oceania. Why? Not because the market is already glutted with home products, as you might first suppose, but because the corn plant in these countries suffers from a disease which causes the leaves to "turn brown and dry up." This is serious you will admit, as it prevents the "full and perfect maturing of the ear," and for this reason, of course, the disease should be kept out of our country. Fortunately, it has not appeared here, but the risk is that it may and this is quite sufficient grounds for the quarantine.

Any disease so blighting as to render that which it attacks incapable of attaining perfect development should be legislated against, and fortunate, indeed, is the United States Department of Agriculture in being able to take such legislative proceedings.

When civilization further advances, when legislative wisdom likewise in-

creases, when material values give first place to human efficiency and its value that is incalculable in dollars and cents, then, perhaps, will those blighting diseases which cause men, women and children not only to "turn brown and dry up," but which cut them off and leave them no chance for "full and perfect maturing," then will they receive some legislative attention. Then and not till then will we stop paying annually the value of our whole corn crop in the deaths alone from just one preventable disease—tuberculosis. In other words, when the foes of human life which cause people to "turn brown and dry up" receive the speedy and unquestionable legislative attention and action that animal and plant life receive in our country, then will human life have an equal chance with animal and plant life for "full and perfect maturing."

A PONY'S AUTOBIOGRAPHY

By a Small Boy

One morning after having a bad night's rest, I tried to get up, but couldn't. It seemed that I couldn't move my legs, so there I lay till the little girl came from school; then she came to my stall and saw me. She then ran to the house and brought her father out to see me, but he could not do anything for me, so he left, but to return soon with a big Horse Doctor who said I had tuberculosis of the knee and could not walk for a few weeks, but I would be able to walk if he could get a special tuberculosis doctor from the State Capital. The next day I walked another doctor with the first doctor. He came over to me and worked with me for awhile and went away, but he helped me a great deal. For the next week or two he came to see me every day, and one day when he came he sent for two men to come in, and when they came they helped me up and you don't know how good I felt.

My mistress came down to see me in the afternoon after I had been helped up in the morning, and she told me how bad tuberculosis was and how proud I ought to be that I did not die with it. She then told me that I was even better off than people, because I could have a special State doctor and that it didn't cost her father anything, and that people had to pay great sums of money to even get a house to live in, if they didn't own one, and that they could not even get a doctor anywhere to treat them free, and that the State would not provide for the treatment of tuberculosis at any cost, much less free.

After she left I thought that it was better to be a dumb brute than to be a civilized human being, because the State would protect me in any kind of disease, or any other kind of trouble.

FRESH AIR AND HOW TO USE IT

By THEODORE WERLE, in *The Crusader*.

People spend too much time, money and energy in keeping fresh air out. That effort expended in bringing fresh air in would make the bicycle the most expensive runabout most physicians could afford.

Some people cannot be convinced that night air is good for them to breathe. They persist in breathing air of their own choosing, and choose the wrong kind.

One man said upon being advised to sleep with his windows open that he would prefer not to, since he knew disease to settle on the earth while the sun was down. If he must, however, he would put a sliced onion on the window sill to keep out sickness. He was told to use the onion, if he wished, but the window must be open. His resultant gain in the strength and health was layed to the onion. If you are in doubt about the curative value of that aromatic vegetable, open the window and put an onion on the window sill.

The air in a room is dangerous to

health when it becomes overheated, abnormally dry, or loaded with impurities. One lamp or a gas burner will foul air as rapidly as will three or four persons. The best way to keep air fresh is through open windows and doors with a cross draft. If cross ventilation is not possible, windows may be lowered from the top and raised from the bottom.

Sleeping in cold, fresh air is much like learning to swim. After once you have the courage to get in, you'll soon gain confidence. You will rapidly become a fresh air enthusiast.

EDUCATION IS THE FOE OF TUBERCULOSIS



ORE and more are we convinced of the imperative need of enlightenment as to the precautions that consumptives should take. And yet not consumptives alone, but everybody should thus safeguard himself. For personal protection against tuberculosis, the safest defense is personal enlightenment as to the nature, cause and spread of the disease, also the means of preventing the disease.

In a recent survey made by the Minnesota State Board of Health of five counties, it was found that 80 per cent of the persons directly exposed to the disease were infected. These were members of the families in which there was a consumptive or in which one had died. The figures further showed that infection was far more prevalent in ages over 16 than under 16. However, in the same survey only 8 per cent of those not personally associated with a consumptive showed signs of infection.

But the most significant facts brought to light were the prevailing ignorance of the disease and of the precautions against infection and the utter need of popular education concerning the disease—its nature, source, how transmitted and how prevented. In some communities it was found

that more than every other farm house had harbored the disease, which fact was due to the lack of precautions and to unrestricted communications between families. Ignorance was to blame for the spread of this disease.

If a similar survey were made of five counties in North Carolina, the figures, no doubt, would tell a similar tale. We are now and then made to wonder at the ignorance—that ignorance that cherishes the companionship of superstition—that still exists concerning sickness and disease. There are not a few people in North Carolina who still believe that night air is poisonous and there is a greater number who believe that if one of their parents or grandparents died with tuberculosis that they must per force die with it, too.

What is more alarming, the patent medicine fakers are still reaping big profits from the victims of tuberculosis and delaying their chances as well as diminishing their means for recovery. It was education that opened up the fight against tuberculosis and it will be education to fight it to its finish. Just when and how soon is now the great question.

OPEN THE WINDOWS.

Bear in mind that colds are contagious. Protect yourself and your neighbors.

The man with a cold is very likely to be the man who sleeps with a window closed.

ACROSTIC—LONGEVITY.

Learn temperance.
Open the windows.
Night air is good air.
Get up early.
Eat slowly.
Vaccinate today.
Insist on cleanliness.
Take no dust.
You'll see my acrostic.

—E. F. Strickland, M.D.

PERSONAL HYGIENE



PERIODIC HEALTH EXAMINATIONS

By Which Disease May Be Detected and Intercepted

IT is no fad, this movement of periodic health examinations. It is rather a means that grew out of a serious need—a means for extending life at its most valuable period. Perhaps I can make you see the conditions that prompted this movement that is prolonging life through the early detection and treatment of disease.

The idea originated with a life insurance company. The examinations of the policyholders, the average age of which was 35, showed that only 2.40 per cent were normal in health, that is, that about two only out of every hundred people examined for life insurance were sound in body and unattacked by disease. The remaining 97.60 per cent. were in imperfect health and needed advice regarding their physical condition and living habits. What is more significant, 93.04 per cent. were not aware of any ill health conditions, while 65.75 per cent. were in immediate need of a physician's treatment. It was found that 53.60 per cent. of these policyholders suffered from urinary trouble and that 23.50 per cent. had too high or too low blood pressure, and these diseases had reached the more or less serious stage.

Now, what does this mean? Simply this, that instead of allowing some insidious disease to steal upon us and attack us fatally before we are aware, cutting us off in the prime of life and

robbing us of our best years, we may through periodic health examinations know the approach of illness and thus arm ourselves against its attack. These examinations may be quarterly, semi-quarterly or annually. It is a cowardly mistake for a man to be afraid to know if he has or is about to have any disease. Just at this point is where death has marked his greatest numbers and just at this point is where our new health knowledge is striving hardest to rob death of his numbers.

It is an old and exploded theory that a man should not know if he is predisposed to some disease of has already developed it, assuming that he will succumb to the idea and make no fight against it. On the other hand, the sooner he is told, the better it is for him. He has more intelligent fighting chances. He knows what habits to correct and what methods of living to mend. If there is need for surgical operation, he seeks it in time. If he eats too much and poisons his body with uric acid and other toxins, he may, with his physician's advice, diet himself and thus ward off Bright's disease, diabetes and other kidney troubles. If he has tuberculosis or is likely to contract it, he may so adapt his life to the needs for cure and be restored to health. A man should know when sickness is headed his way. It is the only intelligent and safe way he has to live. It gives a man a fair chance at living that otherwise, through his ignorance, gives death the greater chance.

To be thoroughly examined, at least

once a year, unafraid to know the truth and resolute to attain better health and prolong life, confidently accepting and heeding the physician's advice—this is the best life assurance any man can ever take.

THE COST OF NEGLECT PAID IN HUMAN LIFE

The comparison of the human body to a machine is well taken. The heart is a pump, and the blood vessels form a system of elastic tubes. This system is liable to overstrain, and its life is largely governed by the use that is made of it. If the early signs of strain or poison are detected, the patient can be safeguarded. Even after arteries are definitely thickened and hardened, a proper manner of living may prolong the individual's life indefinitely, while a life of strain or indiscretion may quickly bring about progressive degeneration and death.

Recently I talked with a textile manufacturer, who informed me that he paid four men \$75 per month each to do nothing but inspect and test the machinery in his plant. These men are continually at work. They do not sit in their offices and wait for a breakdown to be reported. If a breakdown occurred, very likely they would lose their jobs. When I asked this man how long the plant could run without such inspection, he smiled pityingly—such a question required no answer.

The same principles are applicable to the human machinery. If a comparatively simple inanimate machine requires daily inspection, is it too much to inspect once a year the marvellously complex human machine with its almost infinite capacity for going wrong?

This is largely a matter of plain common sense. We know that there is too much sickness, suffering and premature death from chronic disease. We know that these diseases creep upon us slowly, insidiously; that their

first manifestations that send us to a doctor may be at a stage when we are past his help. Does it need a Solon or an Aristotle to determine what shall be done to prevent such catastrophes?

What is the remedy for this life waste, this decimation of our population, which would be looked upon with horror if caused by Zeppelins or machine guns, but is viewed with equanimity by all except the loved ones of those who are abruptly taken in the prime of life and work by apoplexy, heart disease, Bright's disease, or cancer?

The degree to which medical science and modern knowledge of personal hygiene can modify, check or prevent such conditions is a medical and not an actuarial question. Actuarial guidance is, of course, necessary in applying this knowledge to life.

So this is our point of attack. Thoroughly examine the human body at least once a year. With the knowledge thus gained it is possible for medical science and the new born science of personal hygiene not only to check the progress of disease, but to lead those of average health up to higher planes of physical efficiency and well being. It is not enough to keep people out of sick beds. The general level of fitness and capacity for living long and living well must be raised.—*Life Extension Institute.*

SPRING FEVER AND "AMERICANITIS"

"Americanitis" has been defined as a sort of mental and physical staleness which hinders effective work, dulls the enjoyment of life and may break out at any time in most any form of recognizable disease. What is spring fever but more and worse? It takes the "pep" out of life, puts disgust in pleasure and impossibility in work. It robs a man's feeling of his self-respect and almost annihilates his supply of conceit. For the time being it reduces

him to a mere heap and renders him fit for nothing but the junk pile. He hasn't enough life left in him to take the "cure" he needs. What is he to do?

The best thing to do for spring fever is to prevent it—not have it at all. For "Americanitis" or chronic spring fever, "take a walk" is the prescribed preventive, but for spring fever of March, April and May we suggest more than a walk. We advise a change of diet from the heavy winter foods of meats, pastries and gravies to a lighter diet of vegetables, fruits, etc., a laxative diet. We advise drinking plenty of water, getting eight hours regular sleep and daily exercise in the sunshine and open air. Avoid constipation. Let tonics and bracers alone. By all means don't get down some old medical advertising book and try to diagnose your case. It makes little difference what medicine book you read, you'll find your exact case and just how many bottles it will take to make you feel "better than I have felt for years." Patent medicines usually appeal to spring fever victims for they know that it's a stubborn fight and requires will power. They hope to get over it through an easy way—the way that requires the least exertion on their part—and that is usually to invest a dollar in some tonic or blood purifier.

Spring fever is a condition more easily to prepare for and avoid than a disease that will yield to diagnosis and treatment. It is brought about by the body's inability to adjust itself to the change from cold to warm weather. We should prepare for this change the first warm days by strictly adhering to the rules of right living.

A LOOK INTO YOUR BACK YARD

When winter is gone with its fires, coal scuttles and wood boxes, you want its ashes, cinders and trash to go, too. You want a rest. In fact, you want no suggestions of winter lying around

when summer is in sight. You feel like getting out and cleaning up. It is the thing to do and the sooner and better you clean up, the better your summer will be and the safer your health. For those who see and yet see nothing to do, we would like to take a look with them in their back yards and call their attention to the following points:

Is your back yard as clean and sanitary as you can make it?

Does it contain rubbish or dump heaps—tin cans, sweepings, piles of ashes or cinders?

Has the woodpile crawled practically all over the yard?

Is there trash under the house or under any of the outhouses?

Is the yard gate on its hinges and in good working order?

Are there any pales off the fence enclosing the yard?

Are there weeds growing where grass, flowers or vegetables could grow?

Are there stagnant pools of water on the premises—about the pump or well or thrown from the kitchen window?

Is the garbage and waste kept covered and free from flies?

Are there any stables in which flies may breed?

Is the privy open and frequented by flies?

If any of these conditions exist, there's work to be done. There's work to be done first for decency's sake and second for health's sake.

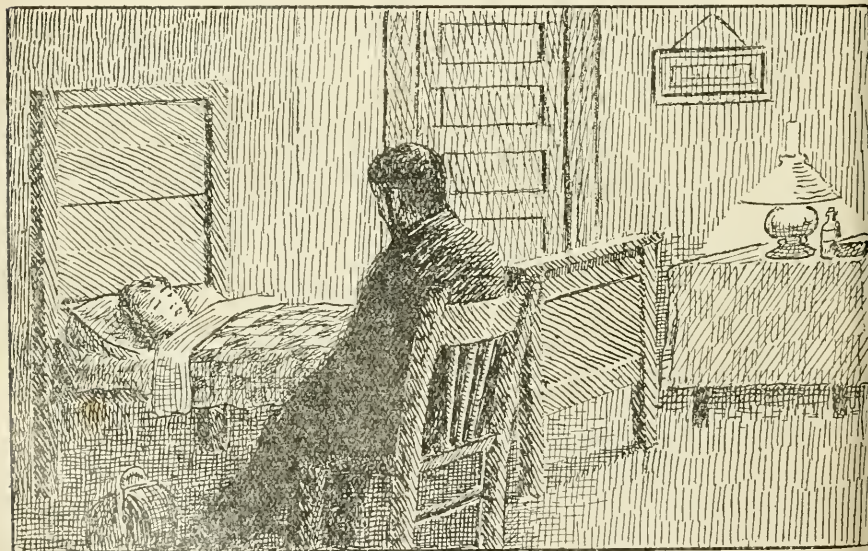
Think twice before the fly season gets here, and ask yourself if you are going to eat at the "second table" with flies that come from old-fashioned open back privies all summer long. If you don't relish the idea, weatherboard your privy down tight in the back and place it down fly-tight and light-proof over a pit some four or five feet deep. This may not be ideal, but it will be a vast improvement over 95 per cent of our present privies.

WHY HAVE TYPHOID FEVER?

Is this a familiar scene? Does the gloomy shadow of this sick room suggest horror to you—days of slow burning fever and nights of anxious watching? It is a typical case of typhoid fever, taking weeks to burn out its flame, to run its course. But has it occurred to you that this could have been prevented? That typhoid is one of the most easily preventable diseases known? Did you know that it is a filth disease, that about the only place typhoid germs grow and multiply is in human intestines and that you

flies have nothing to do with anything you eat or drink. Screen them out of every part of the house, the back porch included. See that your well or spring is on higher ground than the privy and other outhouses so that your water supply may not be polluted with human fecal matter perhaps containing typhoid germs.

There is yet another preventive—anti-typhoid vaccine. The State now furnishes this free. Ask your physician or health officer to write to the State Laboratory of Hygiene at Raleigh and get the sufficient number of



About One Person Out of Three Contracts Typhoid.

either have to drink or eat these germs in order to have a case of typhoid fever? These are the main facts about it except that in rural districts flies and open privies are the main factors in spreading it. Of course where the drainage of any surface closet finds its way to the well or spring, there is grave danger.

You see clearly what is necessary to do in order to prevent typhoid. See that the privy is fly-proof. See that

doses for you and your family. Become immune to typhoid. It is the best and cheapest health assurance you can get. The treatment is mild, causing but slight indisposition, and gives you immunity for at least three or four years.

"Not only is public health purchasable, but it is the best bargain ever offered."



The Health Bulletin

Published by THE NORTH CAROLINA STATE BOARD OF HEALTH

This Bulletin will be sent free to any citizen of the State upon request.

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MAY, 1915.

No. 2

MOREHEAD CITY AGAIN

Exactly one year ago this Board called attention to some deplorable public health conditions in Morehead City. Now we call attention to Morehead City again. Within a year when the public hue and cry was to the effect that "we are too poor," "we can't afford sewers" and "we can't even afford sanitary privies," there has been a bond issue raised sufficient not only to build sewers in the business portion of the town but they have gone farther, so far as this Board can learn, than any other town in the State regardless of size or wealth and provided for sewers to every man's door with the exception of some ten or twelve isolated houses.

Can any town in the country beat that record? If it can, we want to hear from it. These sewers are now about 50 per cent complete and the engineers expect to finish by July 1.

Nor is that all. The water mains instead of reaching the favored few are being extended to every man's door. Another record!

Nor is the end yet. The new set of town officers recently elected are pledged to do the unprecedented in this State—to require every family accessible to water and sewers to connect up to both, to use both, and to abolish completely all insanitary privies formerly in use. Even the ten or twelve isolated houses far up on the peninsula, out of reach of water and sewers but within corporate limits, will install sanitary privies.

With a capable, intrepid, broad-minded incoming administration pledged to health reforms, Morehead City bids fair to outrank any other city, not only in the State but in the entire South, in point of public health and sanitation, and to be truly the Summer Capital Healthful by the sea.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A post card will bring it by return mail.

No. 12. Residential Sewage Disposal Plants.
 No. 14. Hookworm Disease.
 No. 19. Compilation of Public Health Laws
 of North Carolina.
 No. 23. The Vital Statistics Law.
 No. 25. Typhoid Fever Leaflet.
 No. 27. The Whole-Time County Health
 Officer.
 No. 29. Rules and Regulations for County
 Boards of Health.
 No. 30. Measles.
 No. 31. Whooping Cough.
 No. 32. Diphtheria.
 No. 33. Scarlet Fever.
 Anti-Spitting Placards (5 inches
 by 7 inches).

Anti-Fly Placards (14 inches by 22
 inches).
 Anti-Typhoid Placards (14 inches
 by 22 inches).
 Anti-Tuberculosis Placards (14
 inches by 22 inches).
 No. 41. Tuberculosis.
 No. 42. Malaria.
 No. 43. Practical Privies.
 No. 44. State Policy for the Control of
 Tuberculosis.
 No. 45. The Control of Smallpox.
 No. 46. Compilation of County Health
 Laws.
 No. 47. Privy Leaflet.
 No. 48. Fly Leaflet.

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EDITORIAL BREVITIES

Before the discovery of Jenner, smallpox was considered a disease of childhood. Only a few children reached the adult age without having had the disease.

The front yard is a pretty good index to the people who live in the house, but the back yard is a better index to their lives, their health and their habits of cleanliness.

Because a man has been paying fire insurance on his home for twenty years and never had a fire, he doesn't cancel his policy. Health insurance works on the same basis, except that it costs less and produces more.

Colds are getting to be a disgrace—rightly so. They indicate that in most instances the possessor of "a bad cold" (and we have yet to hear of a good cold) has disobeyed some ordinary rules of health. His punishment is meted out to him in the form of "a bad cold."

What have you done with the proceeds raised from selling Red Cross Christmas Seals? The per cent you kept for home or local anti-tuberculosis work could not be better spent than as part of the expenses of a town or community nurse—the visiting nurse as she is called. She is to any town and community a most valuable asset—a nurse, a teacher and a social worker.

"It's the cleanest town in the State" is about the most attractive advertisement a town could have. It would attract homeseekers and investors; it would draw visitors and become a health resort; it would be the stop-over place of traveling men, and best of all it would be a safe place for you to live and do business.

Why not clean up and stay clean? Spasmodic cleaning does not get a town the name of a clean town. Neither does one health lecture or one crusade against flies during summer make it or even get it the name of a healthful town. What you must do is to clean up and keep clean; bring about sanitary conditions and keep them sanitary; have it somebody's business to look after these conditions, enforce laws and if needs be punish the violators of the law.

The 62d Annual Meeting of the State Medical Society will be held in Greensboro, June 15-17. The State Health Officers Association meets at the same place on Monday, the 14th. Great preparations are being made for these meetings. Programs of unusual interest have been prepared. The State health exhibit, together with the excellent health exhibits from South Carolina, Georgia, and Florida, will be given in Greensboro the same week. These two meetings and the exhibits should attract large crowds.

AGAINST BAD COMPANY

Not long ago a company which spends thousands of dollars annually on advertising sent the following message to their advertising agent: "Will you please say to all newspapers desiring to carry our advertising, that we decidedly object to being placed in close company with noisome patent medicine ads. and other fakes or near fakes?"

It won't be long before newspapers and various advertisements will be known by the company they keep.

BIGGER THAN HIS JOB

Here is a case of a man too big for his job. He lives in a county that needs and wants a whole-time county health officer, but, unfortunately, the county fathers do not feel that it is quite possible at this time to provide for the expense of such an official.

By law, each and every county is required to have either a county physician whose business it is to render assistance to the county poor, convict camps, jails, etc., or to employ a whole-time county health officer. The latter's duty in addition to that already mentioned for the county physician, is to devote the remainder of his time to public health work, such as lecturing to school children, making medical inspection of school children, holding tuberculosis and hookworm clinics, vaccinating and immunizing against typhoid and smallpox and, by any other means, improve the health conditions of his county.

In the particular case in hand, up in Henderson County, one of the physicians, Dr. J. S. Brown of Hendersonville made application for the office as county physician. He made application knowing that the county officials did not deem it expedient to employ a whole-time county health officer at that time. In this connection the Doc-

tor is quoted as follows: "It is my purpose to work myself out of a job as soon as possible, not by doing low grade work but by performing my duties to the very best of my ability." In making application to the county board of health for the position as county physician, this Doctor made the following statement: "Believing that a whole-time health officer should be employed as soon as possible, I hereby make it a part of the above office that I agree to resign from either or both offices (county physician and quarantine officer), at the end of any month prior to the usual time of expiration of these offices two years hence at the request of the board of health in order to make room for a whole-time health officer."

Now we claim that a man who will make such a proposition as this to a county board of health is too big for the job, and should be given serious consideration when the question of a whole-time health officer is considered.

ARE YOU A MEMBER?

The American Public Health Association is puzzled to know why more of North Carolina's "intelligent, progressive health workers" are not members of the Association. The number of North Carolina members is now only nineteen and so small is this number in comparison with the State's active interest in health work that the Association wonders if the merits and purposes of the organization are known among our State's health promoters. Whereupon, Prof. S. M. Gunn, Boston, Mass., Secretary of the Association, has this to say of the advantages to be derived from membership in the Association:

"The Association stands avowedly for mutual assistance, higher organization, efficiency and economy in health work. Through its monthly publication, *The American Journal of*

Public Health, this Association offers a service which is indispensable to any public health worker. If I can induce North Carolina health workers to write to me now in person and inquire more thoroughly into conditions of membership and possibilities of attending the annual meeting in Rochester, N. Y., September 7th to 10th, 1915, I feel sure they will want to come into this active organization at once. I most cordially invite such inquiries."

KINSTON PROGRESSING

Kinston is cleaning up. They have just passed an anti-fly ordinance requiring that all stable manure be cleaned up and removed at least once a week and, furthermore, that between cleanings the manure shall be kept in a closed box. They have also passed a meat and milk inspection ordinance.

The credit for these forward steps belongs very largely to the *Kinston Free Press* which, by the way, is one of the most vigorous health advocates to be found among the newspapers of the State. While perfection is not expected from these two ordinances alone, they represent a long stride forward and the *Kinston Free Press*, when speaking of these two ordinances editorially, hits the nail on the head when it says:

"Neither is an acme, perhaps, but both are a long stride in the right direction. Nobody expects the fly ordinance to entirely eliminate flies. That would be possible, no doubt, if there was an earnest desire on the part of everybody and hearty co-operation in complying with the spirit of the measure. Unfortunately, that cannot be had. There are people who will disregard this law as there are those who will disregard any and all laws."

The care of the public health is the first duty of the statesman.—Disraeli.

A man is a man even though he has not had measles.

WHAT THE FLY IS

There is just one living thing, it seems, which performs not a single useful function in the scheme of the universe. It is that creature best known as the house fly but more rightly known as the typhoid fly. He was formerly supposed to be a scavenger that destroyed destructive microbes or germs in decomposing matter, but we know better now. We know that he destroys nothing but life, health and happiness, that he spreads microbes wherever he goes, and leaves disease and death along his trail.

As we know more about the fly, about his filthy habits, his breeding place and the disease carrier that he is, we have come to regard him as fitting in the universal scheme of things only as a danger signal, as a warning of filth and disease. We know now that wherever he is, where he tarries, there is food for him, and what is food for him is poison for people. We should be suspicious of any place where flies swarm or tarry. We should take them as danger signals and avoid their objects of attraction, whether they be the restaurant, the hotel, the grocery store, the market or the butcher's shop.

RAISE DUCKS

Recently health officers have been finding out that ducks—just ordinary, web-footed, farmyard ducks—make good sanitarians so far as the mosquito nuisance about their ponds is concerned. It appears that ducks destroy mosquito larvæ in rather large numbers. Just how many mosquitoes per duck per day we are not yet ready to announce. Some of the mosquito larvæ are devoured while others are doubtless ruthlessly detached from their moorings, trampled under foot, drowned and otherwise obliterated.



PUBLIC HEALTH AND SANITATION



SCHOOL HEALTH CLUBS

How School Children Work for Health When Organized

THE School Health Club is a new and popular feature of health and educational work in North Carolina at the present time. As it is being tried out in Johnston County and elsewhere in the State, but more extensively in Johnston County, perhaps, it proves to be a most effective way to reach the country people and rural communities in the matter of health and sanitation. These clubs are organized in the different schools under the direction of the teachers with the school children as members and officers. In Johnston County forty-five clubs with two health officers and about twenty-five members to each club were organized.

Naturally the interest of the children in health work extends beyond the schools to the communities and neighborhoods in which the respective club members and officers live. The health officer of Johnston County, speaking of the progress of the work and especially of the work of the officers, said: "They at once began to change the appearance of the school buildings and grounds, and they spread this enthusiasm over the community until the community began to take on a new idea, and began to put things in good order. The result is that the schools are 100% better than last year and the homes are improved almost equally as well. Pumps have taken the place of the open bucket wells at the schools and individual drinking cups are used. The

privies have been made sanitary and no trash is seen on the floor at any time. Meetings are held every two weeks and large crowds gather to hear the pupils discuss subjects pertaining to their physical welfare."

There is yet another beneficial feature in connection with this work. The school club officers act as "sanitary scouts" in their neighborhoods and report to the health officer any condition they find insanitary or not conducive to health. This cooperation on the part of the boys and girls throughout the county does not only give them a practical working knowledge of health conditions as they are and what they should be but has brought the county health officer into a confidence and relationship by which he may have the cooperation of all the people.

The county health officer prepares his "scouts" for good service by instructing them in matters of health and sanitation and how to meet those conditions to which the duties of their offices are likely to lead them. He sees that the clubs have health literature to read and use, and gives personal attention to the club's monthly reports. No greater compliment can be paid this work than this remark of a visitor who recently drove through the county. He said: "It seemed to me I could notice improved health conditions about almost every home I passed. There were screened doors and windows, improved wells and closets and an air of cleanliness and order about the yard." It proves again that the best way to reach the heads of the family is through the children.

WHY THE PATENT MEDICINE BUSINESS IS FRAUDULENT

POINT out *which of our patent medicine ads. are fraudulent,*" says an agency handling advertising for these nostrums. We might reply by saying that so long as this agency handles advertising of such obvious and outrageous frauds as "consumption cures" and "cancer cures," it convicts itself of stupidity or insincerity in making any such request. We may answer the question, however, by saying that the whole patent medicine business is inherently and innately fraudulent.

The sale of patent medicines can only be justified on the ground that any man is capable of diagnosing his own ailments, which is absurd on the face of it. It is a well known fact that the young medical student is apt to imagine himself affected with all the diseases he hears about during the first few weeks he is at medical college. The difficult part of medical practice is the diagnosis of the disease, not alone to name the disease, but to know the stage and development of the disease—in short, know the diseased conditions. The most skilled and best educated physicians find their greatest difficulties here, notwithstanding all their experience and scientific knowledge. It is notorious that "a man who acts as his own attorney has a fool for a client,"—and the wisdom of the man who acts as his own doctor is even less to be commended.

1. In the first place, therefore, the use of patent medicines assumes the ability of a man to diagnose his own case. In results it amounts to simply guessing, and the chances are a thousand to one that the guess will be wrong.

2. The use of patent medicines assumes that one medicine is as good as another for any disease, or that the patient after having guessed at his

disease should guess at the medicine required, and here again the chances are a thousand to one that he will guess wrong.

3. The use of patent medicines assumes that the makers of patent medicines have medical knowledge not possessed by the medical profession.

Every one of these three propositions are plainly erroneous and no man having the least claim to medical knowledge will try to maintain any one of them. It is not that one time in ten thousand the right medicine may not be found for a certain disease, but that the whole business is entirely wrong in principle and erroneous in practice and therefore of necessity fraudulent. The fact that an occasional vendor of patent medicines believes his medicines good for all he claims, does not make them less fraudulent.

The overwhelming evidence of medical science and the opinions of all the best physicians is that patent medicines are based on a misconception of medical practice and that they do infinitely more harm than good. The man who casts these opinions aside as those of men who are testifying falsely for financial reasons proclaims himself a knave or a fool and unworthy of confidence.

In a few years public opinion will drive all decent publications out of the patent medicine business, just as it has in the last few years driven them out of the whiskey business.—*The Progressive Farmer.*

If night air is not good for you, what other kind is there for you to breathe? Open your bedroom and let the night air in, and be assured it will do you good.

"Notwithstanding the popular opinion to the contrary, measles and whooping cough are 'grave diseases.'"

CAN'T AFFORD SEWERS

Protests From a Sick Town That Doesn't Know It Is Sick

CAN Mount Airy afford paved streets and not sewers? That is the question we see argued in the *Mount Airy News*. Some one not sufficiently courageous to sign his name writes over the title of "Citizen" and makes the following statements:

(1) Sewers "are not practical for Mount Airy at this time."

(2) "Providing an adequate sewer system before making further street improvements is not wise."

(3) "It is not wise to undertake to provide an adequate sewer system at this time because of the immense expense."

He estimates the cost of sewers to amount to \$20,000.

(4) Finally, the "Citizen" concludes that while sanitation and cleanliness for other places and larger places is all right, it is impractical for Mount Airy, because elsewhere "they have more wealth, better streets, better sewers," etc., but "Mount Airy can't do it."

Poor old Mount Airy! We would feel sorry for her if we really thought these charges were true. But let's see about these charges and the facts in the case. First, that sewers are not practical *now* but that street paving is. No reasons are advanced to support these claims and therefore we can't help wondering whether sewers will be any cheaper in a year, in five years or in ten years; whether there will be fewer sewers to build next year or five years hence; whether there is no need for sewers as yet or whether Mr. "Citizen" thinks human fecal matter is more easily tolerated now when scattered from well platform to dining room than it will be a little later. Perhaps so. We don't believe it will be tolerated even now when the facts are known. On the other hand it might be pointed out

that most towns think they have done a wise thing when they get all their sewer lines, water mains, and other underground structures placed before street improvements are made. In fact in order to preserve the pavement some towns forbid tearing up streets for a period of five years after street improvement.

Now a word in regard to the cost of the proposed sewer system. From the information in this office in regard to Mount Airy, it appears that practically all the families in Mount Airy are still using privies, most of which are the old fashioned, open back type where flies, chickens and domestic animals have free access to the filthy fecal matter reeking with disease. Take the matter of typhoid fever and diarrhoeal diseases of children, two fecal matter diseases very largely fly borne, and what does Mount Airy have? From their own records, attested by the death certificates filed with the State Board of Health, and counting the average life lost from typhoid fever to be worth only \$1,700, it appears that Mount Airy has lost over \$22,000 from deaths from typhoid alone during the last four years. And yet they can't afford a \$20,000 sewer system. Now this estimate does not take into account "respect, love and esteem," sentiment or mental anguish of friends or the suffering of the deceased, nor does it take into account the fact that for every death from typhoid there are ten or more cases and that an average case of typhoid costs at least \$200 in doctor's bills, time lost, etc., all of which would easily make another \$26,000 loss to the town. And yet a sewer system would cost \$20,000.

Then there were thirty-eight deaths of babies under two years of age from diarrhoeal diseases. For the sake of hard cold figures and since money seems to talk most with Mr. "Citizen," we will throw these thirty-eight ba-

bies into this awful estimate at \$100 a head or \$3800 for the job lot and we will leave it to Mr. "Citizen" to explain to these thirty-eight heart-broken mothers if \$100 is not too small a price for such human lives. Yet Mount Airy can't afford sewers. The wonder is that she can afford to be without them. Of course we don't say that sewers would completely stop even these two diseases but we do say that they would go a mighty long way in cutting down the present disgraceful death rate from typhoid and diarrhoeal diseases, the two principal diseases of flies, open back privies and fecal matter.

Then there's another considerable item that perhaps Mr. "Citizen" has overlooked. It is this. Flies are great carriers of tuberculosis germs from tubercular sputum to well people. The records show that Mount Airy has lost fifty-one lives from tuberculosis during the last four years, that their tuberculosis death rate is over twice the average rate in the United States. These fifty-one lives computed at \$1700 (\$5,000 would be more nearly correct) apiece amounts to \$86,700. Nor is that all—but why go into the matter further? It really appears that what Mount Airy needs more than improved streets, although they may be needed too, is not only a sewer system but a general public health awakening and a vigorous sanitary movement against flies, typhoid, tuberculosis and other public health diseases. An active efficient health department can prevent a great many of these deaths just as well as a fire department can prevent a great many fires.

And yet Mr. "Citizen" admits that other cities can do it but not Mount Airy. We challenge him to prove such an indictment. We confess, however, that if they allow preventable diseases to stalk abroad in the future

as they have in the past the tremendous needless death and disease toll collected will undoubtedly make it harder for them to advance than it would if they brace up now, face the question squarely and then solve the problem, for they certainly are facing a problem more far-reaching than street paving, sidewalks or courthouse.

WARREN H. BOOKER.

FLIES OR NO FLIES

How to Avoid the Fly Pest This Summer



HERE are several ways of handling the fly problem. Of course, what should be done is to keep everything so everlastingly clean that flies will be unable to find either a boarding house or a maternity hospital. While this would be the ideal way were it not for our lazy neighbors who *just won't keep clean*, we must look for something easier for their sakes. Here it is. Use screens at every door and window in the house. If you can't afford wire screens, just tack mosquito netting over the entire outside of the window frame. That will cost from 10 cents to 20 cents per window. If you are one of those kind who thinks the shutters must be closed every night, or oftener, then tack the netting to the outside window stop along the top and down both sides. Cut the netting about six inches longer than the window and leave it loose at the bottom so you can put your hand out under the netting to open and close the shutters. No flies will find their way in if you cut the netting six inches longer than the window. To aid in tacking the netting, you will find that your lumberman has a special mosquito netting lath or strip to tack around on top of the cloth. This will cost from a fourth to a half a cent a foot and will last four or five years.

The netting will last at least one season, if not two.

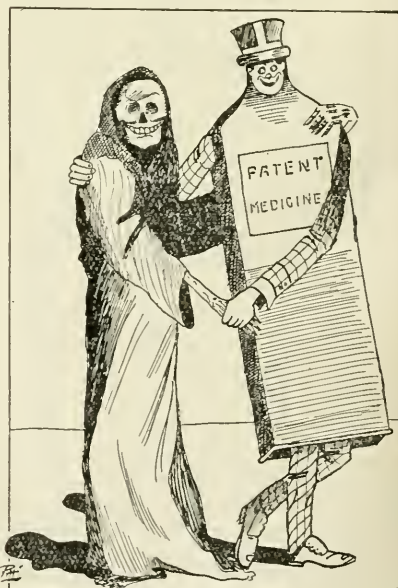
Don't buy extension wire screens. They are a snare and a delusion so far as flies are concerned. Perhaps they do keep some flies out—for a while—but you want to keep them all out all the time. Furthermore, they cost 40 cents apiece. Either use mosquito netting, wire netting, or good fly-tight, made-to-fit screens.

What about swatting? Splendid, so far as it goes, but it is only a retail proposition and for that reason it is intended only for the few flies that dodge in at the open door. To try to use swatters without screens, or even with the old-fashioned extension wire screens, is a hopeless proposition. A dozen flies come in to attend the funeral of every one you swat.

But is that all? Not by any means. While swatters are intended for the few flies inside the house, store or shop, large fly traps are a splendid thing to produce race suicide among flies outside the house. They should be placed on top of garbage cans, near the grocery, meat market and stables. Try them once and you will be surprised to note the reduction in the fly population within a week or ten days.

There is one more way: "Swat the fly before he is born." The United States government claims that by daily sifting or dusting common borax around on horse manure at the rate of about a pound per horse per week, and then sprinkling from two to three gallons of water per day per horse upon the manure thus treated, that it will kill about 98 per cent of the flies before they are born. This may be all right for those who, for some reason, cannot or will not haul the manure out, well away from houses, or spread it out thinly over the ground at least twice a week, and who are at the same time willing to conscientiously apply the borax and water daily.

But despite all the traps, screens and borax, here is one precaution that everybody should take. While some people insist on tolerating flies and old-fashioned open-back privies, no matter how careful you are as an individual you will always be more or less exposed to typhoid; so take the hint and be vaccinated against the disease. The vaccine is free at the State Laboratory of Hygiene, and your health officer will administer it free. Avail yourself of it now and you may reasonably feel 25 to 50 times safer from typhoid than you were before. Our typhoid rate begins to rise rapidly in late spring and early summer and keeps close pace with the fly population until late fall.



ALLIES.

A TELLING POINT

"The secret of good health is to eat onions," says an eminent physician. But how can onion-eating be kept secret?—*Chicago Med. Rec.*

SLANDERING PROVIDENCE

When Through Negligence a Person Dies From Typhoid and Other Preventable Diseases, Don't Blame it on Providence.

REV. S. L. MORGAN, HENDERSON.



LAST summer a prominent young attorney—one of the most popular young Christian men of our town, died of typhoid fever. His death made a deep impression on all the community. The people packed the church at the funeral service. His pastor in his tender prayer referred to the event in the usual manner as a "mysterious dispensation of providence," and doubtless most of those in the great congregation so regarded it. I did not.

At the same time two other prominent young people of the town were critically ill from typhoid. A great warehouse meeting was in progress in the town. One thousand people a day were in attendance. The entire community was stirred over these cases of sickness and death, and daily in the warehouse prayer was offered for the sick, that God would rebuke the fever and raise up the sick. Once or more I led the prayer and asked God not only to raise up the sick but also to touch the minds and hearts and consciences of the people and move them to clean up the city and remove the known causes of sickness and death. I fancied that the latter petition sounded on the ears of most of those who followed me as strange, if not improper. Such a prayer is not conventional. I dare say it is not orthodox in the popular mind.

Then another typhoid sufferer, a fine young woman in my own church, succumbed to the disease. I went with the family to bury her from the Baptist Church in a nearby town. The leader of the choir handed me the list of hymns to be used in the service.

One of them was, "Thy Will Be Done." I said to him: "In some circumstances I can sing that very heartily, but not in such a case as this. We have learned that ordinarily God does not will deaths from typhoid." He rather agreed with me. We sang something else.

Was I right—or a cold heretic? Were these deaths necessary? Were they "mysterious dispensations of providence"? To say so seems to be slandering providence. To imply in the funeral service that one believes this is both to wrong God and to perpetuate an error. I am not implying that sickness or death is not sometimes, or even often, according to the divine will—"a dispensation of providence," but that theology which holds that all sickness and death are decreed by God greatly needs reconstruction. Ministers need to be much more discriminating in their prayers and their counsel touching "submission to the divine will."

Well established facts about health and disease are needed by many to explode traditional notions of providence. A few will suffice. One begs pardon for mentioning them. Such facts have become so familiar. Science has almost banished from the earth certain diseases that were once thought to be scourges of providence. Smallpox is a striking instance. Years ago it completely ceased to be known in the great German army, so rigorous was the military rule requiring vaccination. And the celebrated Dr. Osler has said that it would soon become a forgotten disease if periodic vaccination were everywhere practiced. Is a death from smallpox today, then, a "dispensation of providence"? Clearly it is an unpardonable neglect of the known means of preventing the disease. It is trampling under foot the merciful revelation of God to us through the wonderful discoveries of science.

A concrete instance or so from our North Carolina HEALTH BULLETIN will be illuminating. In 1898, the United States mobilized 12,000 men in Florida for four months. During that time there were 2,600 cases of typhoid and 480 deaths. In 1911, again the United States mobilized 12,000 men in Texas for four months, and there were among them only two cases of typhoid and no deaths. In 1913-14 again the United States mobilized 12,000 men in Texas for many months and in all this time there was not even a single case of typhoid. In our entire army of 90,000 in 1913, there were only three cases of typhoid, and it was clear that two of these cases were contracted before entering the ranks.

Enforced sanitation and vaccination have almost completely banished the disease from the army. Any community acting together can do the same. It seems therefore akin to blasphemy to put into the funeral of a typhoid victim an intimation that God has struck down once whom His mercy has taught how to keep in health and in His service. Expert authority declares that about 600,000 persons die annually in the United States of preventable diseases, 20,000 of these in our own State. Each one of these should be made the occasion of prayer, not to have grace to submit to the divine will, but to have a conscience keenly alive to the sin of letting people suffer and die needlessly.

Some time ago a sobbing mother pointed to her darling child in the little casket and spoke of submitting to God's will. The Christian physician in charge told me later with a show of impatience that this mother killed the child by putting into its stomach food fit for only a healthy adult.

What I have said in general is not

to be taken to heart by individuals. Most of us have dear ones who have died of preventable diseases. Are we guilty? Perhaps not. We may ourselves take every possible precaution, but unless the law requires our neighbors to clean up we may die as a result of their disregard of sanitary laws. The public is beginning to think clearly on this subject. Our own county and town jointly have employed an all-time health officer, and are supporting him with up-to-date sanitary ordinances. It is a frank effort to relieve providence of the responsibility that rightly belongs to an enlightened community.

Our religion has abundant comfort to offer, but we have no warrant for neglecting the known preventives of sickness and death, and then hiding behind God's providence.

FIRST THINGS FIRST

Why Dogs Before Women and Children?



ACCORDING to a recent editorial in the *Statesville Landmark*, the State Laboratory of Hygiene treats annually about two hundred patients who have been bitten by rabid dogs. The editorial estimates the expense of twenty-one days' treatment in Raleigh at \$50, this amount to cover railroad fare, hotel bills and other incidental expenses. To this there is also added a \$20 fee, the cost of treatment where patients are able to pay this amount.

As a loss to the State, a conservative estimate of \$10,000 would scarcely cover the expense. This does not include the value of the time lost nor does it take into account the suffering of the patient or even the danger of a case proving fatal. It would seem, therefore, that a conservative estimate of \$25,000, as the annual loss on

account of our policy of unrestricted dogs, is more nearly correct. This amount of money, according to Mr. Stevenson, is a dead loss, since these lives were needlessly endangered in the first place.

These figures, of course, do not contemplate any losses as to stock, which is by no means a small sum.

A dog tax, according to this editorial, sufficiently large and properly enforced, would discourage the raising of useless cur dogs to a large extent, and at the same time would protect the dogs that are of value.

But taxation, according to the editorial, is the weakest of the State's weapons against hydrophobia. If the same restrictions were imposed upon dogs as upon hogs, cows and other domestic animals, there would be no hydrophobia for there would be no prowling dogs running wild among defenceless animals and children. To confine them to the premises of their owners is the only logical and effectual means of protection.

Why not, according to the *Landmark*, amend our stock law to include dogs as well as sheep and pigs? Why should dogs be allowed to run at large any more than cattle, pigs or sheep? All arguments which may be urged for the present stock law apply equally to a dog amendment, which carries in addition, a further argument of infinitely greater import, to-wit: the elimination of a disease than which there is none other more horrible in its effects or more fatal when once contracted. The people of the State are coming to this view, and we trust it will not be many years before North Carolina will have a Legislature that will have the courage to pass such a law.

"Physical fitness is the first factor in human efficiency."

PENNY WISE AND POUND FOOLISH



Sure he may kill the mosquito, but what about the head? Coal tar headache cures—acetanilide, antipyrine, etc., may relieve headache, but what about their effects on the heart?

REAL CONSUMPTION CURE

It is the cheapest of all remedies;
It is not patented or controlled by the trusts;
It is guaranteed not to disturb the digestion;
It is not unpleasant to the taste;
It may be procured everywhere;
It should be inhaled freely 17 times a minute;
It is manufactured solely by God Almighty.
The name of this wonderful remedy is
FRESH AIR. —C. H. D.

A PARADOXICAL REPLY

"Doctor, do you think eye-glasses will alter my appearance?" inquired Mrs. Gunson anxiously.

"I shall at least expect them to improve your looks," replied the physician.—*Lippincott's*.




CHILD HYGIENE



THE WASTE OF CHILD-LIFE

Shall the Saving of the Babies or the Cotton Crop Give Us Most Concern?

 HERE is nothing so valuable as human life, and yet we are to-day confronted with the regrettable fact that the annual life-waste is appalling, especially in the case of children.

We are spending millions of dollars annually to check the spread of the foot-and-mouth disease, to stop the ravages of hog cholera, the boll-weevil and the cattle tick; but how much, or, rather, how little, are we spending to hunt down and destroy the fly that causes infantile paralysis, or compels the pasteurization of the milk that feeds the baby?

Are the little ones no longer worth while? Is it possible that there are those who think that the annual cotton-crop or cotton-crop is worth more than the annual baby-crop?

Statistics carefully collected by the United States government show us that, of every 1,000 babies born each year, 127 die before the next year comes; and, of these 127 annual deaths per thousand, it is freely admitted that a large percentage are easily preventable.

If, out of every 1,000 calves, 127 should die the first year, and statistics should show such a loss as that year after year throughout the country, a storm of indignation would rise at the lax methods of inspection that would permit so costly a mortality; but considered purely from the value in dollars and cents, the waste of child-life is a question that demands

the attention of every man who loves his kind and wants to see this country greater and more prosperous. To measure human life in dollars may be a brutal way of putting the question of health-preservation; it may be startling, but it enables us to contrast the care we give to our domestic animals with that which we fail to give our own children.—*Postal Life Insurance Bulletin*.

DIPHTHERIA

Diphtheria is almost always taken by close contact with a case of diphtheria or with one who has diphtheria germs in the nose or throat but otherwise without symptoms of diphtheria. It is not often contracted from things, such as furniture, door knobs, books, etc. Here are some suggestions that should be remembered and followed. Avoid contact with:

1. A person sick with diphtheria.
2. Any person with a sore throat of any kind, no matter how slight the attack.
3. Persons who are in immediate contact with a case of diphtheria, for they may be carriers of diphtheria infection, not so much through clothing as from the throat and nose.
4. Carriers or distributors of diphtheria infection who are under quarantine.

Remember that more diphtheria is contracted from persons not known to have the disease than from known cases.

Apace with the movement to correct physical defects runs the effort to secure outdoor life for young children.

THE YOUNG MOTHER'S REST

It is quite common to see a young mother in a highly nervous state from lack of rest. Inquiry usually reveals the fact that she is in the habit of nursing her baby whenever it cries and that the mother and babe sleep in the same bed, and that the baby is fed numerous times during the night.

As a consequence of all this, the mother is tired and nervous, and this affects the baby who is in a similar state. Usually at this time some well meaning neighbor gives the advice to feed the baby some sort of "tea." So the baby is dosed until its stomach becomes upset, which further adds to the miseries of both mother and babe.

This state of affairs can be easily remedied if the mother will feed her baby only at regular hours by the clock and give it nothing else except pure water, except on the advice of a physician.

It does not pay for the mother to get too tired and worn out from lack of rest, for, if she does, the milk is affected, the baby's stomach is upset and it becomes cross and fretful and requires twice as much care as it would if the mother were in a good condition. If mothers would make it a rule to feed the baby regularly by the clock, they would find they would have plenty of time for other work and it could be accomplished at regular times—*Dr. Edith B. Lowry in The Texas Bulletin.*

In order that children be kept healthy they should be kept clean. Also they should be taught habits of cleanliness, and this means teaching them to keep themselves clean. It should be impressed upon the mind of every child that dirt is dangerous and that freedom from disease depends very much on just keeping clean all the time.

KEEPING OUR SCHOOL CHILDREN WELL

No boy or girl likes to be sick. Neither do grown-ups for that matter. There are some kinds of diseases that we can do much to avoid; others, there is nothing much that we can do in the way of protection.

Among those diseases that boys and girls can do a great deal to lessen their chances of getting them are diphtheria, scarlet fever and measles. All of these are very contagious, "catching" as we often say, and for most part are conveyed from one person to another by the matter that comes from the nose, throat or mouth.

Now, if the school children of North Carolina could all be taught about these three diseases alone, and then follow these few simple directions, they in large part would be able to avoid having diphtheria, scarlet fever and measles.

Here they are: Keep away from children who are suffering with severe colds, complain of sore throats, and who say they don't feel well. Without being rude or unkind, you need not play with them or exchange gum, candy, fruit or food of any kind.

Do not borrow or lend pencils at any time; and never put even your own pencil in your mouth.

Use your own drinking cup.

Do not visit with playmates who are not well; they may be coming down with any one of the diseases that we are talking about, and, as a rule, the early stages are the most dangerous.

Do not go into any house where there is a warning sign posted on the outside. The only safe rule is to not expose yourself knowingly. Take no chances.—*Adopted from the Chicago Department of Health.*

Warm rooms have killed more people than ever froze to death.

UNNECESSARY BLINDNESS

About twenty-five per cent of our blindness is contracted at birth. It is what is sometimes known as baby's sore eyes, or in the language of the doctor it is ophthalmia neonatorum. This infectious disease of the eyes is due usually to the germs of an unmentionable disease with which the baby's eyes are infected at birth. However, it may be attributable to the presence of other infective organisms, such as pneumococcus, streptococcus, staphylococcus, diphtheria bacillus and other organisms, but prevention from these and other infections are very simple.

All that is necessary is to drop about two drops of a one per cent solution of silver nitrate into each eye very shortly after birth. This simple solution, while it does not injure the eye in the least, is very effective in removing the germs of a disease that is very likely to produce blindness if allowed to go for even a few days.

Such treatment should be applied to every new-born baby. Parents should insist upon it and doctors or midwives who do not take this precaution are indeed taking a very unnecessary risk and are not performing their full obligations to society, to the parents, or, most of all, to the child itself.

CLEAN MILK

Pasteurization of milk consists of heating it to 145 degrees and holding it at that temperature for twenty minutes and then cooling. This kills the germs of typhoid, tuberculosis, scarlet fever, diphtheria and other dangerous disease-producing bacteria that may be in it. Furthermore, it alters the taste, odor, digestibility and food value but little, if any. That's nice, isn't it? About the only thing pasteurization won't do is to go back and make a sanitary dairy. Remember, it just

kills the germs. It doesn't remove the cow stable dust, dirt or dung or even wash the pails or bottles. There's where a wide-awake health department comes in—to give us clean milk. Pasteurization only makes it safe.

Here is an instance showing how contagion is spread:

A mother whose child had scarlet fever and whose home was under quarantine, violated the law by going to a department store where she purchased a coat on approval and took it home with her. A day or two later the garment was returned and was bought by a woman in a nearby town. Within five days her only child, a daughter aged 5, came down with scarlet fever and ten days later died. This case was the starting point of an epidemic in that town which was not checked until there had been eighty cases and four deaths.

Children are naturally careless and thoughtless and of course are ignorant as to matters of personal hygiene. And their education in this all-important subject no more should be neglected than should any other phase of their mental training. Furthermore, it is important that training in habits of personal cleanliness, neatness and order should be begun in infancy. The longer such training is delayed, or neglected, the more difficult it will be for the child to acquire the knowledge and habits that have so much to do in making for physical health and vigor.

"It is especially during the first years of life that air and sun benefit the constitutions of children. Up to twelve years the child should be out-of-doors in order to cultivate his senses," said Dr. J. J. Rosseau.



NORTH CAROLINA AT WAR

Mobilizes Her Forces to Drive Out the Great White Plague

MISS SADIE McBRAYER, IN STATE NORMAL MAGAZINE.

ONE out of every seven death in North Carolina is caused by tuberculosis. One-third of all the deaths from preventable diseases is caused by tuberculosis. It is estimated that there are from twenty to thirty thousand people in our State at the present time ill with tuberculosis. This means that a town the size of Goldsboro is completely destroyed every year in North Carolina from tuberculosis. If it were known that an invading army were about to enter our State and that their objective point were the city of Goldsboro; that they would surround the town, perhaps using the trenches and breastworks that are still to be seen as the only surviving landmarks in this locality of the War between the States; that they would pillage and sack the town and destroy every resident there, the catastrophe would be heralded throughout the United States in flaming headlines, on the first page of every newspaper published; the horror of it would be breathed in hushed accents from the lips of every man, woman and child in the State. The low price of cotton would be forgotten. The Legislature would assemble without delay and would appropriate a million dollars, if necessary, to repel the invasion and, moreover, the people would approve of the appropriation. Our stalwart

men, our college boys, every one would shoulder arms and dare and die, if need be, to repel the invasion. And yet, this insidious and relentless disease is destroying every year the womanhood and manhood in our State equal in numbers to the inhabitants of Goldsboro, and, in addition, is leaving maimed perhaps five times as many more. Nor is this all. Those sick with the disease are constantly sowing the seed that will give us yet other cases, tomorrow, next year, on and on, for scientific observation has proven that from every case of tuberculosis in a family of seven, four others will contract the disease. Yet, to our shame, little is being said or done about this terrible condition.

Our Defenses

The State Board of Health is conducting a campaign of education through THE BULLETIN, fifty thousand copies of which are sent free each month to the people of our State. Through the distribution of other pamphlets, and through its Bureau of Tuberculosis, it has its forces mobilized, ready to enter into mortal combat—a combat which shall not end until every victim has been hunted up and given an opportunity to escape from the clutches of this mortal enemy and has been taught to apply the principles of the hygiene of tuberculosis to the end that it shall not communicate the disease to others.

The headquarters of the defensive army are at the State Tubercular Sanatorium, at Sanatorium, located in Hoke County. Here at this time ninety patients are being nursed

back to health, restored to their friends and State, and taught how to live healthful lives, and also how not to infect other people. These ninety patients are, as it were, only a drop in the bucket, but yet it is a good beginning. If a million dollars were appropriated by the State for the Bureau of Tuberculosis and this institution, it is most probable that the disease could be driven from our borders, never to return again. But is it likely that the Legislature will make any such appropriation? Judging by their actions in the past, they will not, for in the past they have been appropriating only \$20,000, a sum for a fight against a destructive foe less in amount than the City of Asheville or Greensboro spends to cart away the waste paper, tin cans and garbage that would mar the beauty and cleanliness of the city.

Our Allies

Perhaps chief among our allies is the little Red Cross Seal. Last year a million of these were sold by the various committees throughout the State. All of the money thus obtained has been used in the fight against tuberculosis in our State. In some localities it was used to employ visiting nurses; in others to purchase medicine and food for indigent tubercular patients; in yet other cases to send patients to the Sanatorium; again, to purchase stereopticon outfits for health officers and others, that the prevention of tuberculosis may be more strongly impressed upon the minds of the people. These Red Cross Seals have been likened to bullets—each one being a bullet fired against the enemy of life and happiness. Other societies, such as the Associated Charities, are employing visiting nurses, notably Greensboro, Charlotte, Winston, Asheville, and New Bern. In Wilmington they are conducting a tubercular hospital for negroes. In this connection we must

mention the work of the Messrs. Cone, of Greensboro, who employ three visiting nurses for their mill districts. A splendid example has been set by a lady at Saluda, who left the residue of her estate, after providing for her immediate family, to the Sanatorium. This is but an intimation, however, of what should be done and what will be done. This should be a strong incentive to our next Legislature to make largely increased appropriations to the State Sanatorium for much needed new buildings and equipment, and for the maintenance of the institution, and to the Bureau of Tuberculosis.


If the burning and eloquent words of our Governor, in an address to the State Medical Society last June, could be made to reverberate throughout the length and breadth of our State, until every citizen of our commonwealth should hear and heed his splendid admonition, our defense would overcome this enemy of our people and we would be free from the thralldom of this scourge. I commend the Governor's message to you:

"Before you, my friends, is one of the greatest of all problems—the conquering of the plague of tuberculosis. It has been ravaging our land, causing more deaths, more destruction, more sickness than all the wars of the earth have caused. It is for you, gentlemen, to triumph over that, and I have no doubt you will."

There are many people who regard a tuberculosis hospital as a menace to the health of the community in which it is located. Nothing could be further from the truth. As now conducted, hospitals for the care and treatment of the communicable and contagious diseases do not contribute to the spread of such diseases, but, on the contrary, are important factors in restricting such diseases to their smallest possible limits.

IF YOU HAVE TUBERCULOSIS

What to Do and What Not to Do to Get Well and Protect Others

 If you have tuberculosis you should strive for two things: first, to keep from giving the disease to anyone else; second, to get well yourself.

If you follow carefully and conscientiously the directions given below, you will not be a source of danger to anyone; but unless you do, you will almost surely give tuberculosis to those whom you love most.

How to Keep From Giving the Disease to Others

1. Shield your mouth always with a clean rag, paper napkin, or a piece of gauze, when you cough. If you cough without shielding your mouth, you spray the germs of tuberculosis out into the air and others breathe them into their lungs. The rag catches the germs, which should be destroyed by burning the rag. If you are ever forced to use a handkerchief for this purpose it should be boiled before being put into the laundry.

2. Never spit in the fireplace, in a spittoon, or on the ground, or anywhere else, except in a sputum cup. This should have sawdust or absorbent cotton in the bottom to absorb the sputum and should be burned every morning, or when filled. You can get both, the flat cups for use while in bed and the pocket cups, from the sanatorium at a cost of 50 cents a hundred.

3. Use separate dishes from those used by other members of the family. Pour boiling water over them and wash them in a separate dishpan, using separate dish cloths. Never,

under any circumstances, drink out of a vessel which others use.

4. Wash your hands often, always before meals. If you should ever have to shield your mouth with your hand when coughing suddenly (before you can get out your rag), wash your hands immediately, so that the germs will not get on the door knobs from your hands. Keep a separate towel for your own use.

5. If your sputum should accidentally be spilled on the floor, furniture, or clothing, wipe it up immediately with a 3 per cent carbolic acid or cre-O-sul solution (3 parts of carbolic acid or cre-O-cul to 97 parts of water) and pour some of the solution over the spot to stand for one hour.

6. If you have a cough and expectorate, kiss no one. If you have no cough and do not expectorate, even then kiss no one on the lips.

7. Never sleep in the bed with anyone else. Have bed linen and towels boiled before sending to laundry.

How to Get Well

1. If your temperature is 99 3-5, or above at any time during the day, go to bed and stay there until your temperature has not been above 99 for two or three days. In tubercular patients the temperature is usually at or below normal in the morning, the rise occurring in the afternoon. Begin to get up gradually—one hour for the first two or three days, then two hours for two or three days, etc., increasing slowly the time to be up lest your temperature rise again. Don't walk around, but sit quietly in a com-

fortable chair. When taking the temperature keep the thermometer under your tongue with your mouth closed for at least five minutes, since it will not register the full temperature in tuberculosis in less time.

2. Stay out in fresh air both day and night. Have your bed on the porch if possible. If not, keep at least two windows wide open all the time. Do not stay inside after you are able to be up and take exercise, but get a comfortable chair, wrap up well and stay out on the porch.

3. Eat plenty of wholesome food. If you are below your usual weight, or much below the standard weight for one of your age and height, take an extra glass of milk between meals. You may eat anything that does not upset your stomach.

4. If after being up all day you have had no active symptoms for 10 days—temperature not above 99, pulse not above 100, no shortness of breath, weakness, blood spitting, etc.—you can begin to take exercise. Take it regularly and systematically. Walking is the best form of exercise on which to begin. Begin on a 10 or 15 minutes' walk morning and afternoon and increase slowly up to one-half hour twice a day. Hold at this for two or three weeks and if it has caused no return of active symptoms, increase slowly to one hour twice each day, etc.

Take your temperature when you return from exercise and if it is above normal take it an hour later. If your temperature is $99\frac{1}{2}$ or above immediately after exercise and doesn't become normal after an hour, decrease, or if necessary, stop your exercise.

5. Take your rest hour every day. Lie down and keep perfectly quiet (go to sleep if you can) for two hours. The best time is after the noon meal.

6. Patent medicines and advertised "Consumption Cures" will make you worse. Avoid them as you would a

rattle snake. There is no medicine which will cure tuberculosis.

7. If you need medicine for indigestion, poor appetite, frequent or severe headaches, persistent cough which keeps you awake at night, etc., consult your physician.

8. Have your chest examined at least every six months.

HEALTH FOR THE POOR

Towns and Counties May Now Care for Their Tubercular Sick

ANY city, town, or county in the State, through its governing body, is now authorized and empowered by law to provide for the treatment of its indigent tubercular sick at the North Carolina Sanatorium for the Treatment of Tuberculosis. The cost of such treatment is \$1.00 per day.

This is one of the best acts of the last General Assembly as it gives the towns and counties an opportunity to give the poor widow an equal chance for life with the rich consumptive. It is a wise act because towns and counties could not begin to treat their own indigent consumptives for even twice that amount.

In the education of today the problem of fundamental importance is the physical welfare and efficiency of the child.

"Of all the flowers, the human flower is one which has the greatest need of sunshine," we are reminded by Michelet.


Did you ever stop to think that it doesn't cost any more to "raise" a man capable of living eighty years than it does to "grow" one who has not the capacity of living to be forty years old?

PERSONAL HYGIENE



BECOME IMMUNE TO MALARIA

Malaria Can Be Cured and Prevented Through the Use of Quinine— The Treatment

 O a recent inquiry as to the best location in the State for an anaemic family—"a location that is dry, warm, and free from malaria"—we replied in part as follows:

"Now, as to health, and especially with reference to malaria, let me say that Eastern North Carolina, where you are, while probably not *naturally* as healthy as Western North Carolina, on account of the prevalence of malaria, can be made just as healthy. There is no need and no excuse for sensible people having malaria. Of course the other kind of people will have anything and everything. If the people in Eastern North Carolina would take prophylactic doses of quinine through the malarial season there would be little if any malaria in the eastern part of the State, and there need be no malaria in any family.

"For example, if a family has been having malaria, that family should have a malarial house cleaning in the early spring, say about the first of April, and then that family should keep their house—the one not made with hands—clean of malaria during the rest of the warm season. Now, the house cleaning is effected as follows: Let every adult member of the family take 30 grains of quinine a day for two days, then 20 grains a day for two days, then a 5-grain capsule of quinine at night for a week, and then 2 grains

of quinine before each meal, that is, about 5 or 6 grains a day throughout the entire season, until about the first of October. The children should take a proportional part of this dose. The quinine should be taken regularly before meals. The object of this treatment is, during the three or four initial days of heavy treatment, to clean house and during the rest of the season to keep it clean by preventing the introduction of malaria.

"There will be some disagreeable symptoms during the first three or four days' treatment, such as 'a little nervousness and a buzzing of the ears, but after this there are no disagreeable symptoms except where people have peculiar susceptibilities to quinine, which happens about once in 500 or 1,000 cases treated with quinine.

"You see in this way every individual and every family have an opportunity to defend themselves against malaria even if they live in a community where no public measures are in operation against this disease. I am enclosing a pamphlet on malaria which may be of interest to you in this connection."

WHAT ARE HEADACHES?

In short they are warnings. They are those "gentle tappings" to tell us something is constitutionally wrong. We may be bilious from over eating or from improper eating and the headache that follows warns us to hold up on eating so much, or change diet. The headache may be due to constipa-

tion, in which case we should exercise more, eat less meats and pastries and more fruits and vegetables, drink more water and attend to the processes of elimination. Bulky material which leaves abundant residue after digestion is splendid for constipation. Whole wheat mush is excellent for this purpose. Or if the headache is due to any infection as fever, sore throat and the like, the doctor is needed and should be called at once. One important cause of headache, especially of frequent recurring headache, is eye strain. In this case moderation should be exercised in the use of the eyes. An oculist should be consulted and glasses fitted and worn according to directions.

But in no case should coal tar headache cures be taken. They may give relief for a while to a bilious headache or a headache due to constipation, but a dose of purgative medicine or an enema will act more quickly and with better, though temporary, results. Of course neither of these two expedients should be used only in case of necessity, and should never be allowed to become a habit. Rational living should solve the constipation problem. No one should learn to depend upon drugs to take the place of regular habits.

The evils from using headache medicines are two-fold. They beget the headache habit and they cause the real reason of the headache to be disregarded and neglected. They delay investigation and treatment. Troubles that might have yielded readily to cure at first are oftentimes neglected till cure is not to be had. Coal tar headache remedies change the blood so as to produce headache, and a noted authority says: "By frequently taking headache medicine one can easily double the number of his headaches in a month."

The point is this: When there is headache there is a cause producing it and to remedy the headache the cause

must be removed. But strange to say, people whose custom it is to take headache medicines think that when they have taken the required number of powders or doses that is all they can do. That the pain does not get better makes no great difference. They have done the proper thing for a headache and the pain can not be helped, as far as they are concerned. It is no false statement that people love to be fooled. They delight in it.

WHY WE WORK

One of the most essential things for appetite, for good digestion—for every vital function in the body, in fact—is muscular work. The muscles are the furnace of the body. If one does not use them, he is not consuming his food properly. His food is not burned as completely as it ought to be, or as it would be if his muscles were used. The exercise which one gives his muscles increases the flow of blood through them and thus increases the consumption of material which involves a change of material in the body.

And it is this change which keeps us alive. Old age begins when the change of matter in the body becomes slow. And when this bodily change of tissues ceases, death comes.

An eminent zoologist defines an animal as a stream of matter flowing through a certain form. This is as true of man as of other animals. Each one of us has his own form, and it is the stream of matter going through this form that constitutes our life. When a dancing streamlet comes down the mountainside, here and there leaping into the air in spray over jutting rocks and glistening in the sun, it is pure and sparkling. But if in the valley that same stream runs into a hollow and stands for two or three weeks, it becomes a stagnant pool, covered over with green slime; in it the frogs

croak and the mosquitoes breed, until it is a place of pestilence.

A similar thing happens when the movement of matter through the body lessens. With stagnation comes disease. Which explains why many people say, "I feel bilious"—when the body is merely stagnated.

Now there is nothing that will quicken the movement of material through the body and aid the vital changes and stimulate the flow of the right currents like exercise. That is why, if one feels drowsy and sleepy and stupid, he may take a walk in the keen, frosty air of winter and come back feeling wide awake and with a good appetite. The change is due to the room that has been made for new material. The exercise and the stimulus of the cold air have accelerated the movement of the vital currents through the body, and created a craving for new material for bodily use.

The average invalid suffers from lack of work. Usually his habits have been sedentary. There is the case of an active man who has spent his life on a farm; he reaches a time when he decides to retire from hard work. He leases his farm, moves into town, and in a year is in the doctor's hands, and in another year or two he may be in the undertaker's hands. On the farm he would have been good for ten or fifteen years more.

It is not that there is a partnership between the undertaker and the doctor. The relationship is simply a natural progress downward. It is the metabolic stagnation that makes the mischief. The farmer has a keen appetite. He is in the habit of eating heartily, because his active life demands it. He changes his mode of life, becomes sedentary, but goes on eating heartily, just as he did on the farm. He thus loads his body up with waste material and pretty soon the life processes are smothered out.

Strength comes with work. Work is the only way in the world in which one can ever gain strength. If a man has a thousand dollars the only way he can make it grow is to set it to work. He must put it out at interest or invest it as capital. If it is put away in a safe, or buried in a hole in the ground, it does not increase. In the same way we can increase our vital capital only by making use of what we have.—*Good Health.*

TYPHOID CARRIERS

From three to four per cent of all the people who have had typhoid continue passing germs in their feces and urine sometimes for fifteen to twenty years after recovery. A few other people who do not recall ever having had typhoid fever do the same thing. All such people are called "typhoid carriers."

Now, did it ever occur to you that it would be a corking good idea to have every person who, after recovery from typhoid, no matter how long since, applies for work at a dairy or food products store, examined to make sure he is not a carrier?

There's just one other sure shot you can make personally. That's to be vaccinated against typhoid. Just tell your health officer what you want and he will fix your family up proof against typhoid, free. Of course, if you live in a benighted county without a health officer, you may have to pay your doctor, but even that is cheap compared with typhoid.

NEEDS

A bureau of county health work.

More and cheaper diphtheria antitoxin.

More and better health education among the people.

A larger and better equipped tuberculosis sanatorium.

HEALTH RESOLUTIONS

WHEREAS, public health should be the first concern of any people, and

WHEREAS, a community or commonwealth can determine its own death rate, within certain limitations, and,

WHEREAS, health work has decreased the number of deaths and diseases in our State and has brought health, happiness and hope to thousands of its homes;

Therefore be it resolved by North Carolina citizens:

First. That public health work in all its phases shall, during the coming year, have our unstinted efforts and support.

Second. That each of us will so conduct our personal habits that we may not only be an example of healthful living but that we may at no time be a menace to the health of any other person in any way, shape or form.

GRANDPA'S STORY IN 1965

Fifty years hence—1965—Grandpa Jonsmith (showing his boyhood treasures to his grandson): "This, Willie, is the silver medal I won when I was ten years old for swatting more flies in fifteen minutes than any other boy in my Sunday school class. This membership certificate was presented to me by the 'Who's Swat Club.' The mayor of the city decorated me with this gold medal for being the champion fly swatter in the city. Here is a jack knife I bought with money I earned by swatting and selling seven quarts and one pint of flies at 5 cents a pint."

Grandson Willie: "Grandpa, what is a fly?"—*Woman's Home Companion*.

The health department of a state is of higher importance than the financial department.—Vaughn.



DAVID MEETS GOLIATH

(With apologies to the Southern Sociological Congress)



The Health Bulletin

Published by THE NORTH CAROLINA STATE BOARD OF HEALTH

This Bulletin will be sent free to any citizen of the State upon request.

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XXX

JUNE, 1915

No. 3

Preserving Public Health

Written Especially for the

HEALTH BULLETIN

By Hon. WM. JENNINGS BRYAN

“Health is necessary to service, and, as service is the coin in which one pays society for the privilege of being a member of society, everything that looks to the preservation of public health is of vital importance.”

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A post card will bring it by return mail.

No. 12. Residential Sewage Disposal Plants.
 No. 14. Hookworm Disease.
 No. 19. Compilation of Public Health Laws of North Carolina.
 No. 23. The Vital Statistics Law.
 No. 25. Typhoid Fever Leaflet.
 No. 27. The Whole-Time County Health Officer.
 No. 29. Rules and Regulations for County Boards of Health.
 No. 30. Measles.
 No. 31. Whooping Cough.
 No. 32. Diphtheria.
 No. 33. Scarlet Fever.
 Anti-Spitting Placards (5 inches by 7 inches).
 No. 37. Cancer.
 No. 39. Tuberculosis Leaflet.
 Anti-Fly Placards (14 inches by 22 inches).
 Anti-Typhoid Placards (14 inches by 22 inches).

Anti-Tuberculosis Placards (14 inches by 22 inches).
 No. 41. Tuberculosis.
 No. 42. Malaria.
 No. 43. Practical Privies.
 No. 44. State Policy for the Control of Tuberculosis.
 No. 45. Control of Smallpox.
 No. 46. Compilation of County Health Laws.
 No. 47. Privy Leaflet.
 No. 48. Fly Leaflet.
 No. 49. Typhoid Leaflet.
 No. 50. Baby Leaflet.
 No. 51. Rules and Regulations of County Boards of Health.
 No. 52. Malaria and What Everybody Should Know About It.
 No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough.
 No. 54. Disinfection After Scarlet Fever.
 No. 56. Tuberculosis Leaflet No. 2.

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EDITORIAL BREVITIES

A pound of borax per horse per week will prevent the breeding of flies. If the borax is sifted over the manure daily at the above rate and then sprinkled with from two to three gallons of water, the fly larvæ will practically all be killed and the eggs prevented from hatching.

You promised yourself last winter that as soon as the weather was warmer you would sleep with more fresh air in your room. You planned to have both windows all the way up and your bed placed so that you would breathe fresh air all night long. Now it's up to you. Are you as good as your word? You will never find it easier to do than now. Plunge in tonight.

Do you make your town or community a good citizen? Do you contribute to its welfare and progress? Let's see:

Have you neglected to screen your own house and those of your tenants?

Have you refused to be vaccinated against smallpox and typhoid?

Do you keep open privies and unclean stables where flies breed and feed?

Do you permit unsanitary conditions about your house or places of business?

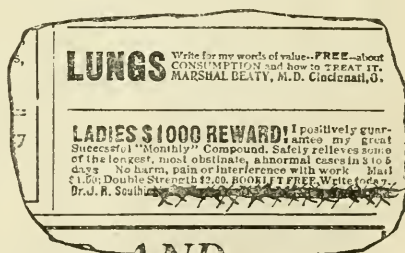
Are you living up to your knowledge of health and sanitation?

If you are not, you are not making your town or community as good a citizen as you should.

THOU SHALT NOT KILL

Whether It Be Consumptives or Unborn Babies

Here is a reproduction of two adjoining advertisements that appeared in a recent issue of one of the State's largest religious papers. The first is a consumption cure advertisement. The second appears to be an abortifacient. We reproduce them exactly as they appeared save for the full name and address of the latter which has been scratched out for obvious reasons. We do not prefer to become party to the



Is This a Crime Against God and Man!

crime of murder. Through public health education it is generally known that all advertised consumption cures are fraudulent. While the second advertisement does not definitely state that it is designed to produce abortion or the slaughter of the unborn (which of course would be unlawful) yet it is so strongly suggestive that any one with criminal intentions seeking or even willing to resort to such measures would probably be willing to


spend \$1.50 for it or even \$2.00 for "Double Strength."

To show that this advertisement does suggest that it is an abortifacient it is only necessary to call attention to the fact that one of the foremost physicians in Raleigh brought it to our attention with the remark that: "I see the ——— is advertising an abortifacient now."

To say the least it would seem that if such a suggestive advertisement is an abortifacient it is a violation of the laws of God and man. If it is not it probably only defrauds some poor woman out of a few dollars. In either event is such advertising the kind that a religious paper should carry or the kind that self-respecting Christian North Carolinians should tolerate in their homes?

LIKES THE FLY CHARTS

Lecture Charts on Flies Meet With Great Favor

 FOR some time the State Board of Health has been loaning to schools, clubs, churches, health officers, and others, a set of cloth charts on the subject of the fly. This set consists of thirteen large illustrated charts about sixty inches wide by about seventy-two inches high. They are mounted on a cross-piece which is supported on a collapsible tripod. The whole outfit folds up into a very compact bundle about six or eight inches in diameter by about five feet long. It is provided with a cover and a handle and is used to excellent advantage for lecture purposes, either at night or during the day. The fact that it can be used in the day time is an advantage over the ordinary stereopticon lantern in this respect. These charts are sometimes used to give open-air talks, which are very appropriate at this season of the year.

The only conditions imposed upon the borrower of the charts are, first, that they pay the express charges, and, second, that they take good care of the charts and return them in good condition to this office or the next borrower.

The accompanying note from a borrower of these charts indicates their success in his town:

I have just expressed the fly charts to Dr. S——, according to your direction. I wish to express my appreciation of these charts. They certainly are splendid in every particular, and I have found them very useful. I exhibited them in five schools, reaching about twenty-five hundred pupils.

Any one contemplating using these charts in his community should make arrangements with the State Board of Health for the use of them on a particular date before announcing the meeting.

"Plant a Garden" has become a new health slogan. A garden has so many health possibilities that no home should be without one. Among the health products of a garden may be mentioned sunshine, fresh air, and exercise as the first crop. The second crop is the supply of those early vegetables that are so essential to health, in spring and summer—spinach, mustard, lettuce, tomatoes, radishes, peas, beans, squash, onions, etc. The third is a reduced market bill which leaves a neat little sum on which to take a two weeks' vacation in summer.

"There is more need of protection against alcohol than against other sources of disease. The results of impure food, an experience with smallpox or typhoid do not make the victim eager to repeat the experience. But alcohol causes disease stealthily. It tends to establish a desire for more and more of itself, which, gratified, brings on or increases disease."

PRIZES WITHDRAWN

Papers on Contagious Diseases Not Sufficient to be Accepted

FEW months ago this Board offered a prize of \$25 each for the best essay on the following subjects: Typhoid Fever, Malaria Fever, Diphtheria, Scarlet Fever, Whooping Cough, and Measles. It was the purpose of the Board to publish the winning articles in *THE BULLETIN* and to use them later as standard leaflets to be sent out upon request for information on the respective diseases.

One of the rules of the contest was to the effect that if the articles submitted were not, in the opinion of the Board, of sufficient value as to justify the proposition, the offer of prizes would be withdrawn at any subsequent issue of *THE BULLETIN*.

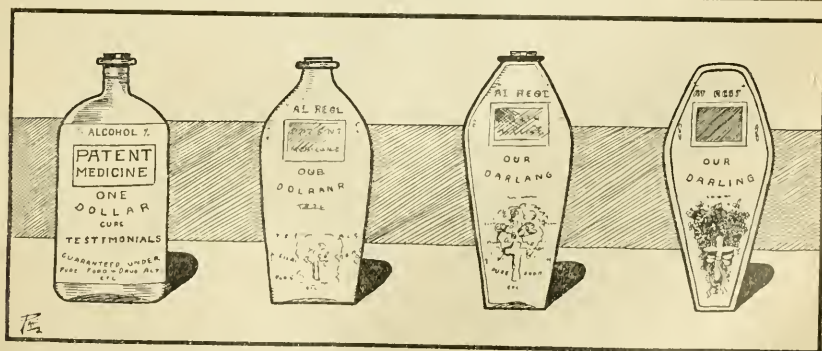
As the articles were received they were put into the hands of competent judges, and not until recently have we been able to have their report. The judges were a college president, a prominent physician, an editor of a State paper, a layman, and the editor of *THE BULLETIN*. In their opinion

none of the papers was sufficient in a number of essential particulars to merit their acceptance. In other words they were not what the Board needed or could use. Accordingly, the offer of prizes has been withdrawn.

There is one amendment, however, we think proper to make in regard to the rules covering the contest, that those who desire their manuscripts returned will furnish us both numbers to their manuscripts and their address on a stamped envelope. Upon receiving this we will be glad to return any paper.

"It is just as much the duty of local and state boards of health to give warnings as to the dangers in the use of alcoholic liquors as it is to warn the public against impure water and milk or against the fly as a carrier of disease."

"Public health is the foundation upon which rests the happiness of the people and the welfare of the state."—*Disraeli*.



EVOLUTION OF THE PATENT MEDICINE BOTTLE

Our readers will note the four easy stages in the evolution of the patent medicine bottle. If he cares for details he will note that Alcohol "evo-

lutes" into "At Rest," according to our artist's conception, and that One Dollar "evolutes" into "Our Darling." Likewise, the testimonials, the guarantee, cure, etc. "evolute" into wreaths of flowers.



PUBLIC HEALTH AND SANITATION



THE NURSE AND FAKE CURES

An Open Field for Effective Nurse Work

PERHAPS the district nurse comes to know more directly and intimately the evil and extent of "fake cures" than any other class of people. She comes in touch with the details of family life and is often made the confidante of family secrets and home troubles. In order for her to render her best service she must be taken into the inner circle and made a sympathetic friend of the family. The patient soon realizes this, and what is often revealed to her as the underlying cause of conditions is no less than startling and incredible. She is often made to doubt her own eyes.

But in fighting this many-headed monster the nurse finds a great opportunity for genuine service—perhaps one of her greatest. She may not adopt the Carrie Nation method with best results, as the process must be slow and sure, but she must fight in her own way and fight to win. She must educate. Ignorance and superstition are her greatest foes. They are the faithful handmaidens of the fakers. It is in this mental and moral darkness that the deeds of the fakers are perpetrated. She must let in the light and dispel the darkness.

An instance or two given here will be sufficient to picture the nurse grappling with the situation and the severity of the fight she is called on to make. A district nurse gives the following as her own experience:

A district tuberculosis nurse, upon her first visit to a bedridden, far-advanced consumptive woman, questioned the husband as to why he had delayed so long in sending for a physician and nurse to care for his wife. His reply was of such an incoherent nature that

the nurse concluded it had been due to the usual dislike of calling in the city physician and the lack of money to pay any other. Matters had been let drift along until the patient had become so ill that medical care was imperative and pride was set aside and the city physician called; he in turn had sent for the nurse. This was apparently the situation, but before leaving the house the nurse unearthed the real reason why there had been no

funds to pay the physician. Behind a screen in one corner of the patient's room stood two barrels filled to overflowing with empty bottles, bearing the label of one of the most widely advertised and flagrantly misrepresented consumptive "cures," each bottle representing an expenditure of five dollars. What was the result? A dying woman, a burdensome debt and later a grave in the potter's field—sorrow, unhappiness and blighted young lives.

Into a tuberculosis dispensary there dragged herself one day a tall, large-boned but deathly pale woman. Dropping into the seat for which she

IT'S COMING

Patent medicine manufacturers are having their troubles these days. In various states the health authorities are hot on their trail and several magazines and newspapers, notably "Harper's Weekly," have taken up their cudgels against the cheating and poisoning of the public. When the newspapers of this country finally reach the high plane of keeping faith with their readers and placing editorial ethics above business office receipts, they will not permit a patent medicine advertisement to appear in their columns. And that will mean a death blow to the patent medicine business.—LaFollette's.


groped, she straightway fainted. When questioned after recovering consciousness, it was found that she had been unable to retain any food for weeks and her fainting had been caused from over-exhaustion in her weakened condition. A few days later the nurse discovered in this woman's house the cause of her disordered stomach. Not only empty bottles but letters from the unscrupulous firm making the preparation, asking for affidavits and testimonials, offering all kinds of inducements to obtain them. This "cure" had cost one dollar a bottle, and for many weeks and months there had been a new bottle each week. The patient was a widow with a small boy dependent upon her, and although there was no debt there had practically been no food for several days, and the extent of the injury the drugs had wrought upon her stomach was so extensive that it took weeks of carefully supervised and prepared diet, as well as rest and care, before it could be said the patient's life was no longer in danger, while two years elapsed before she and her boy ceased to be objects of charity.

During a frightful epidemic of measles in a great city five children died in one family because a drug store controlled by a large patent medicine corporation permitted to be prescribed over its counter a preparation warranted to "cure stomach troubles which caused blotches on the skin."

For our peace of mind, for our mere comfort, for the sake of health and efficiency and capacity to enjoy life, let us by all means have a thorough spring cleaning up, and let it be a general one. And once we have cleaned everything up, let us keep everything clean.

DARK DEEDS BROUGHT TO LIGHT

How Clean-up Days Affect the Health of Summer

 HERE was an interesting convention held in a dark, secluded spot in our back yard the other day.

The occasion was the convocation of all bacteria in a certain square inch in the district of the trash pile. The purpose of the convention, as stated by the chairman, was the promotion of human illness during the months of

hot weather. The time was the first warm day of spring and the weather was all that was promising. The delegates, twenty-seven billions, had come from far and near—some as far as three-quarters of an inch and some came from a distance of two yards—an incredible distance, never traversable except by the air line. This, however, is a favorite mode of travel with some germs.

Strange to say, all the delegates were

not of one accord. Some favored the plans and purposes of the convention, while others did not. In the course of the discussion it was discovered that all bacteria were not harmful to man, that some were his strongest allies and championed boldly his cause.

The chairman of the convention was a lusty, big *Bacillus Typhosus*. He presided with the dignity that befitted his importance, and showed himself master of any situation that arose.

The report of the Committee on Communicable Diseases was read and debated. "This report," said the chair-

WANTED—A CLEAN PAPER

S....., N. C.,
State Board of Health,
Raleigh, N. C.

Gentlemen:—I have discontinued my subscription to my county paper, The E..... T....., because of the advertisements it carries. At present the only paper entering my home with objectionable advertising is the R..... (a prominent State paper), but my subscription expires in June. If there are any newspapers courageous enough to turn down patent medicine ads. and carry only clean advertisements, I would appreciate your giving me name, address, and subscription price.

I enclose self-addressed, stamped envelope for your convenience.

Very truly yours,

Mrs. M. M.....

man, "shows a falling off in the number of infections for the past year. What can be the matter?"

"They have fought us like everything," said Measles and Whooping Cough, in one voice. "Especially have they done this at school. Every child seemed to be mortally afraid of us, which gave us no chance, practically, to get from one to another. They kept us blown out of the room during the day by keeping all the windows open, and at night we were carefully swept up and placed out of reach of every child. The children were so much afraid of us, which was due to several talks the teacher had made them about us and our habits, that they never ate without first washing their hands, and never borrowed each other's drinking cups or pencils. Occasionally, however, some child with dirty hands would forget and up we would go into his mouth. It is useless to say that we found such as these easy victims."

"Very well," said the chairman, "it behooves the committee to make renewed efforts next fall. We will now hear from the Committee on Diarrhœal or Baby Diseases."

"We are just beginning our work," said the spokesman of this committee, "but unless they exterminate our faithful ally, the *Musca Domestica* (house fly), as we have heard it threatened, we will have no trouble in taking away a great number of babies this summer."

"That is just it," said Typhosus, the chairman. "I have always depended much upon the faithful *Musca*, and he never fails, but from what I hear he is doomed. They have made war upon his life, have utterly destroyed his breeding places, and have cut him off from all food. Where one survives, his life is hazardous. But what perhaps hurts my cause most of any is this new vaccine treatment that makes all my hosts immune to me. This is something that probably you know lit-

tle about, as it does not affect you, and you should rejoice that it does not. If," said Typhosus, "my old faithful, the fly, is exterminated, my only remaining allies will be dirty milk and dirty water. We will now hear from *Bacillus Tubercle*. Perhaps he has a more encouraging report."

"Indeed," said *Tubercle*, who was rather a distinguished visitor on this occasion, because he had been blown by the wind from a further distance across the yard, where the spittoon had recently been emptied, "I never find it embarrassing to give my report. I have always been able to report an increase, but," said he, "rumor has it that war is declared against me. As yet I have felt it slightly." At this point a husky little voice, *Coryza* (the common cold), spoke up, saying that as his business was more or less a forerunner of that of *Tubercle Bacillus* he wished to express himself on what he considered to be their greatest enemy, namely, fresh air. Here the discussion became general as this subject was more or less of vital interest to all.

At that important point, where plans were being discussed for more active work during the summer, a mighty roar was heard and then came a crush down upon the earth in that vicinity. In the twinkling of an eye the convention hall, with all of its occupants and their dark deeds, were upheaved and exposed to the light of the sun, whereupon the whole assembly perished, and with them the plans they had created, for this was Clean-up Day in our town and the same in our back yard.

ONE GOT RESULTS FROM CLEAN-UP WEEK

He was a knocker. Moreover he was a grouch. Some people called him "Old Stingy." He objected to every movement put forward for the progress and betterment of the town in which

he lived, especially if there was to it any outlay of money. Unfortunately he was a good-sized taxpayer and when this sensitive spot in his anatomy was touched he was heard from in vociferous groans. His means made him too consequential to be ignored altogether, but he became the despair of all the men when it came to sharing and co-operating in the town's forward movements. The women in this town in their various lines of civic and social work had been the blunt of his displeasure for some time. He seemed to think no one's name or reputation suffered, nor was there anything to pay, when he chose to spend his opinion freely, meanwhile withholding his cash, where women's cause and interests were concerned.

An interesting thing happened one day. His wife was made president of the Woman's Civic League. On this same day it was decided by the league to have a clean-up week for that town. Enthusiasm began to run high and plans were fast materializing whereby the streets, alleys, vacant lots and back yards were to be cleaned up, and painted up where practicable. When it was seen that the expense fund would not meet the extensive clean-up plans, private subscriptions were asked from the property owners, whose property would receive especial benefits from the clean-up movement. "Old Stingy" was called on, but not one cent would he give to such foolishness. He declared the women had better attend to their own affairs, that he did not need them or any of their plans in his.

The clean-up campaign was ushered safely and successfully through. The town on its account presented a cleaner and a more attractive appearance from many points of view. Paint had concealed many blemishes and cleanliness revealed many charms and unforeseen possibilities.

Two days after the clean-up, "Old Stingy" came home smiling. A vacant lot that he had been advertising for sale had brought him \$800 more than was his former price. "I don't understand it," said he. "I do," said his wife. "Only two days ago the Civic League force went there with their rakes, carts, and paint buckets, and transformed it from an unsightly dumping ground into a most attractive residential lot."

A month or two later the old man said to his wife: "I think our town is getting to look a little trashy. Would it not be well to have another clean-up week?"

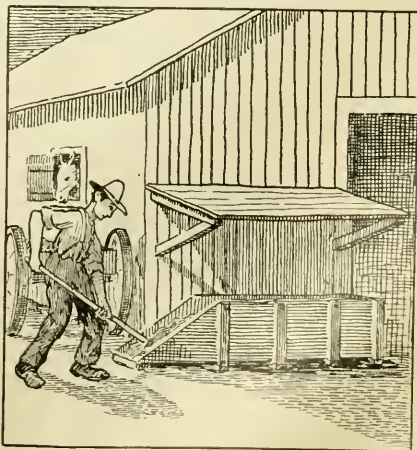
MANURE WITHOUT FLIES

How to Care for Stable Manure Without Breeding Flies



THE manure question in the summer time is a difficult matter. So far as we know there are only two ways of handling this proposition without breeding flies, and neither one of these methods is very satisfactory.

In the first place, if we must throw



A Good Form of Manure Box.

the manure out in a pile and haul it out on the fields only at rare intervals, about the best thing we can do to prevent the breeding of flies in the manure is to sift dry, powdered borax around over the manure, particularly around the edges, each day immediately after the stable has been cleaned, and then sprinkle water over this borax and manure. The borax is applied at the rate of about a pound per horse per week; in other words, if there are seven horses, about a pound of borax should be applied per day. If there are only three horses, about a half pound should be applied each day. Then after the borax is sifted around over the manure, water should be applied by means of a sprinkling can or hose at the rate of about two or three gallons of water per horse each day. The manure thus saturated with the borax solution, it is claimed, will effectually destroy about 95 to 98 per cent of the fly larvæ. It should be borne in mind, however, that this borax and water should be applied every day.

The second means of handling the manure and fly problem is to place the manure in a concrete box or bin, or if a concrete box is out of the question, then a tight tongued and grooved box similar to that shown in the cut should be used. It is not necessary that this box should be covered or that it should be made fly-tight or that it should even have a lid. All that is necessary is a roof or some form of protection that will prevent large quantities of rain water from gaining access to the box. Some form of roof as shown in the drawing might be used. The manure in such a box should be cleaned out at least twice a week. The box should be cleaned out thoroughly so that there is not sufficient manure left in the box after a cleaning for the fly larvæ to breed in. If the bottom and sides, particularly the lower edges of the box, are not made with tongued and grooved material, the fly larvæ will escape

through the cracks and burrow down into the ground a short distance, and in due time hatch out into full grown flies.

If the manure is scattered on the fields at frequent intervals while it is fresh, it will be found to have considerably more manurial value, according to our agricultural friends, and furthermore, practically all the fly larvæ exposed to the drying rays of the sun will be destroyed, and those that do hatch out will, in the vast majority of cases, remain in the field near the site of their birthplace.

One of the greatest difficulties in preventing fly breeding around stables is that the fly larvæ work down into the wet clay floors of the stalls and hatch out there. It is possible that liberal applications of borax in the stalls may prevent this. Another means is to have concrete floors covered with a false floor of open jointed wood grating that can be removed for the horses to stand on. Such a floor if it drains toward a sink and is flushed off at frequent intervals will prevent fly breeding.

ALCOHOL vs. PUBLIC HEALTH

The public health is paramount. Do little or nothing to advance it, and the nation fails. Among the huge obstructions to health and efficiency, yes, to life, liberty and the pursuit of happiness, is alcohol. Because of its wide use, it has become the most awful of all the drugs or dopes which have fastened upon mankind. There is no health in alcohol. On the contrary, it is an agent of physical and moral ill health.

Where squalor, immorality, bestiality and poverty exist, there alcohol and other drugs have sway. Insanity and crime trail after alcohol, and, in its wake, come ill health and disease. A high authority says: Twenty-five per cent of insanity is due to syphilis; 10 per cent is due to accident; 40 per cent

is hereditary, and 25 per cent is due to alcohol. Whether or not these figures are accurate does not here greatly matter, for certain it is—alcohol is potent in the causation of insanity. It is also potent in the causation of crime, in the causation of poverty and of feeble-mindedness. Alcoholism brings sickness, and sickness induces alcoholism.

Alcohol as a beverage not only opposes personal health, but also the public physical and moral health, and also the public economic health. Every saloon is a public dope shop, not second in evil to the opium joint. Alcohol is truly a dope.—*Dr. J. N. Hurty.*


PHARMACIES AND PATENT MEDICINES

A great deal is being said these days for and against patent medicines. The drug stores who sell them have come in for a share of the criticism that is being made. However, according to *Collier's Weekly*, there are a number of pharmacies that deal rather candidly with the subject. It says that a Seattle pharmacy displays this sign: "Please do not ask us what patent medicines are worth. The question embarrasses us, as they are generally worthless." Other stores in Georgia and Ohio use this inscription: "We sell patent medicines but do not recommend them. If sick, consult a physician." A Rochester drug company has this to say to its customers: "If you are really sick, you cannot afford to take any chance with any of the thousands of cure-alls." These are, of course, isolated cases, and *Collier's* is, as all men know, an apostle set for the destruction of all patent medicines. At the same time there is much truth in what these pharmacies have to say.—*Biblical Recorder*, April 14, 1915.

"Most of the trouble in the world is caused by germs and human beings."

OUR HONOR ROLL

List of Towns and Counties Doing Good Registration Work During First Quarter, 1915

OME people obey laws better than others. The same thing is true of communities, towns and counties. When a new law is enacted some people obey it sooner and better than others. It may be because they learn about the law first and are among the first to appreciate the value and the meaning or significance of its provisions. What is true of individuals in this matter is also true of towns and counties.

Now, North Carolina has a Vital Statistics Law, and it is no exception to this rule. Some people, some communities, some towns and some counties conform to this law before others do or better than others do. In the case of this law we can tell very nearly how different towns and counties are conforming by the results they furnish each month. For instance, if a town or county persistently shows a very low birth rate or death rate, we have strong reasons to suspect that either the people of that town or county do not respect this law, or some of their officials are negligent. On the other hand, if a good rate is maintained, we have every reason to believe they are registering their births and deaths and availing themselves of their privilege, as provided by one of the wisest laws on our statute books.

We here give a list of twenty banner counties of the State, in their order in the matter of the registration of births for the first quarter, 1915, together with their rate.

TWENTY BANNER COUNTIES. Birth Registration.

	Rate.
1. Clay	46.0
2. Dare	43.4
3. Mitchell	43.2
4. Martin	41.6

5. Gates	41.2
6. Madison	40.7
7. Warren	39.7
8. Lincoln	38.3
9. Graham	37.3
10. Avery	37.1
11. Stokes	36.8
12. Washington	36.5
13. Wilkes	35.7
14. Caswell	34.4
15. Yadkin	34.4
16. Cabarrus	33.1
17. Ashe	33.0
18. Davidson	32.4
19. Beaufort	31.7
20. Alexander	31.4

The column headed *Rate* is the annual birth rate per 1,000 population.

We also give a list of ten counties which brought up the rear in the matter of birth registration for the first quarter of this year in the order of their rank in the State.

TEN COUNTIES MAKING POOREST
SHOWING.

Birth Registration.

	<i>Rate.</i>
1. Yancey	11.5
2. Craven	11.8
3. Currituck	12.2
4. Camden	13.1
5. Robeson	13.4
6. Bertie	13.8
7. Jones	15.7
8. Duplin	18.1
9. Lee	20.8
10. Lenoir	21.3

Of course, it might be that there is some tendency toward race suicide in some sections of the State, but we are not prepared to believe that in regard to these counties, at least, not yet. We feel sure that when they appreciate the importance of the present law they will make a much better showing.

The remaining counties of the State range in between these two groups of counties, doing good and poor birth registration. Space forbids listing them all at this time. We hope to see many of them make records like the first group by next quarter.

The rank among the cities of the State of over 10,000 population in the

matter of birth registration is as follows:

RATE OF CITIES OF OVER 10,000 POPU-
LATION.

Birth Registration.

	<i>Rate.</i>
1. Wilmington	40.0
2. High Point	36.2
3. Raleigh	29.6
4. Rocky Mount	28.4
5. Greensboro	25.4
6. Winston-Salem	25.3
7. Charlotte	25.1
8. Asheville	21.4
9. Durham	20.8
10. New Bern	18.3

Exactly the same thing applies in the case of death registration. We here give a list of twenty banner counties in the matter of death registration.

TWENTY BANNER COUNTIES.

Death Registration.

	<i>Rate.</i>
1. Clay	21.4
2. New Hanover	19.9
3. Vance	18.4
4. Wilson	18.3
5. Transylvania	18.2
6. Orange	17.8
7. Wake	17.6
8. Granville	17.1
9. Warren	17.1
10. Durham	17.1
11. Franklin	16.6
12. Burke	16.3
13. Cabarrus	16.2
14. Forsyth	16.2
15. Wayne	16.2
16. Mecklenburg	16.0
17. Lee	15.7
18. Guilford	15.6
19. Caswell	15.6
20. Buncombe	15.0

The following list of ten counties brought up the rear in the matter of death registration for last quarter:

TEN COUNTIES MAKING POOREST
SHOWING.

Death Registration.

	<i>Rate.</i>
1. Cherokee	5.0
2. Swain	6.3
3. Stokes	6.5
4. Pamlico	6.6
5. Watauga	7.3

6. Duplin	7.6
7. Robeson	7.6
8. Jackson	7.7
9. Columbus	8.0
10. Rutherford	8.3

The rank, in the matter of death registration, of the ten towns of the State having over 10,000 population, is as follows:

RATE OF CITIES OF OVER 10,000 POPULATION.


Death Registration.

	<i>Rate.</i>
1. Raleigh	30.2
2. Asheville	29.0
3. New Bern	28.6
4. Wilmington	24.3
5. Rocky Mount	24.2
6. Charlotte	23.5
7. Winston-Salem	21.6
8. Greensboro	19.7
9. Durham	19.0
10. High Point	13.8

On the whole the birth registration of the State has been much better than the death registration. With the new amendment to the law, which requires the undertaker, or person acting as such, to file a complete death certificate with the local registrar before burial, it is expected that much better death registration will result. Furthermore, as fast as instances of willful violations of the law can be learned, prosecutions of those guilty are being promptly made. Last, but not least, the public generally are learning to appreciate the importance of registering births and deaths.

TYPHOID, OR NO TYPHOID?

Individuals, Counties or Towns May Become Immune to Typhoid

 HALL you have typhoid fever this summer? This is a personal question and demands a personal answer. It carries with it also a personal responsibility. Two or three years ago such a question would have been absurd, but today there is offered you immunity against this disease and the consequence is up to you.

Our death rate from this disease is the highest in the Union. This one fact carries with it two grave and disreputable indictments. The first is that we tolerate more filth and flies than any other state, and the second is that we are an indifferent self-satisfied people. Both indictments must be admitted until we can prove that they are false. The Government Report gives us the disgraceful high rate of 57.4 when the average death rate from typhoid for the United States is only 17.9. At that rate we have over three times as many deaths from typhoid fever as the average state in this country.

What are we going to do about it? What can we do? There are two things we can do either as individuals or as counties, towns and communities. But the best results will come from a coöperation on the part of the individual with his county, town or community.

The individual can become comparatively safe by protecting himself against flies, fly-infected food and impure water, but he can make himself almost absolutely safe by taking the anti-typhoid treatment. The serum for this treatment is to be had free from the State Board of Health, and is administered by a physician in three doses. It causes practically no pain, little or no sickness—perhaps a headache or slight fever—and leaves no scar. It offers immunity for at least four years, perhaps longer.

A county, town or community can become comparatively safe by tolerating no flies, no filth, no open-back privies, and by maintaining a pure water supply, a pure milk supply, flyless markets and food shops, and a wholesome disgust for fly infected food. When, however, all this is done, generally speaking, there'll be some one, a willful violator, who will spoil the whole plan, more or less. So that a county, town, or community that would

adopt the safest means should provide anti-typhoid treatment for its people. It would not be a bad thing to make the treatment compulsory. Smallpox has been wiped out of a number of cities and countries by making vaccination compulsory, and typhoid could be made to go the same way. Typhoid vaccination is mild in every way compared to smallpox vaccination, and offers as great immunity.

It has been arranged by the State Board of Health whereby a limited number of counties may conduct a campaign against typhoid fever during the summer months, provided these counties give the best assurance of hearty coöperation with the Board. The plan is that about six dispensaries where the treatment is to be administered to everybody free shall be established at six different convenient locations throughout the county. The physicians will visit these points once every week for three to six weeks and administer the treatment, as three separate doses are necessary to immunize.

Through these dispensaries it is expected that thousands of people in these counties will avail themselves of this free treatment and become immune to typhoid. Its value to a county in the saving of sickness and death can hardly be estimated. Of course the county will be expected to pay a share of the expenses of conducting these dispensaries, as the Board has only limited funds at its disposal. Any one desiring information toward securing one of these campaigns for his county will write the State Board of Health, Raleigh.

Even before Moses proclaimed his sanitary code, we have this evidence that he was a practical sanitarian: "And he removed the swarms of flies from Pharaoh, from his servants and from his people; there remained not one."—*Erodus* 8:31.

"THE SPIDER AND THE FLY" (A Modern Version.)

Will you walk into my parlor? said
the Spider to the Fly.
(The latter had just richly dined.
He was a festive guy.)
He made a feint to go within, the
spider leaped for joy,
And cried in glee, "Come right along,
you dear old jolly boy!"
The fly was "on his job," you bet, for
he had gone his "pace."
He threw a lot of bac-il-li right in the
spider's face.
The wily fly lived out his days and
spread disaster wide.
The cunning spider met his fate—in
agony he died.

—*Dr. I. N. Ruddel, Jeffersonville, Ind.*

"Well, niver mind," said Mr. Dooley.
"Anyhow most iv th' doctors has quit
givin' medicine an' ar-re givin' ad-
vice. It's betther, too. They don't
have to write it down an' it can't be
used at th' inquest. The' fav'rite pre-
scription is: 'Don't worry.'"



Death's Little Messenger.

PERSONAL HYGIENE



WHY EARLY CANCER IS CURABLE

At First a Local Growth Can be Removed

HERE is still a widespread misapprehension that cancer is a constitutional disease caused by some substance or poison in the blood. Those who hold this mistaken opinion commonly believe that the disease is hereditary, and in a vague way they think there must be some taint handed down from one generation to another which causes cancer to flourish in certain families. In the minds of people not well informed on the subject this belief may well cause a feeling that it is somewhat shameful to have the disease. Such misapprehension, combined with the notion which has long prevailed that cancer is a hopeless, incurable affliction, and that it is of no use to try to have anything done for it, may well account for the extraordinary delay of many sufferers in seeking treatment. A further cause is the fact that cancer, in the early stages, often causes little or no pain. Many a surgeon has wished that cancer, in its early manifestations, might cause the sufferer half as much trouble as a toothache, for then the patient would surely be driven to seek relief so quickly that he or she would be easily cured.

That cancer is at first a local growth and not a general disease of the system is now clearly established. This fact is of the utmost importance, since it holds out a high hope of cure if the malignant growth is removed before it has time to spread to other parts of

the body. Cancer beginning in one spot later appears elsewhere, because small particles or cells are carried away from the first site and start other growths, not because there exists previously some poison in the blood which causes the disease to break out in different parts of the body. The great hope of cure, therefore, lies in removing cancer entirely from the system before it has a chance to spread from its first foothold.

The reason why so many people came to believe that cancer was a blood disease is doubtless because it was observed to come again in the same or other parts of the body after having been apparently cut out. It was natural to assume that when the disease kept coming back in this manner there must be some cause or taint in the blood which led to its breaking out in different places much like certain skin diseases. The trouble which started this fallacious reasoning was that in those earlier days cancer was not so well understood as it now is. Surgeons then did the best they knew how, but without the advantages of modern methods they were unable successfully to exterminate the disease. The microscope has now shown us the paths by which cancer cells start their invasion of the body if the first and local appearance is neglected. Modern surgeons are, therefore, repeatedly successful in removing the disease once for all. As an eminent American doctor has well said, "It is not surgery, but *delayed* surgery that fails to cure."—*American Society for Control of Cancer.*

ONLY COMMON FOLKS

Not long ago a physician was called in to see a sick man. The sick man had perhaps twenty-five or fifty little red spots on his forehead and face and a similar number on his hands. When the physician touched these spots they felt like little round shot underneath the skin.

The man explained that he had been having chills and fever, that he had been nauseated and had severe pains in the small of his back. The doctor asked him if he had ever been vaccinated, to which he replied that he had not. The doctor stroked his chin contemplatively for a moment and remarked, "Well, my dear friend, I am sorry, but you have a case of smallpox."

Neither the doctor nor the patient could get a word in edgeways for the next three minutes. The patient's excited and irate wife took the floor. She declared that it was not smallpox; that it could not be smallpox; that it must not be smallpox; that she knew he did not have smallpox; why the very idea! Smallpox? It was an outrage to think that her husband had smallpox, for, as she concluded, "only common folks have smallpox." Lack of lung power caused her to hesitate at this point for a moment, whereupon the doctor contemplatively remarked, "Quite right, madam; quite right."

STARVING, BUT DIDN'T KNOW IT

Yes, she really thought she was a "fresh air fiend." And when the subject of fresh air or sleeping with windows open was ever touched upon, oh, how disagreeable was the thought to her that people would not have fresh air in their sleeping rooms! "Why, if there's one thing I do have, it's plenty of fresh air at night. I can't sleep without it," she so freely and positively declared.

Not long ago I had occasion to visit this woman's sleeping apartment. I found that her free use of fresh air came through one window half-way up, with shutters closed and with long muslin curtains hanging all the way down. Fresh air was almost unknown to this room, which said as much. What was worse, this room was used as the family sitting room in winter and cool weather and was heated by a wood stove. The husband smoked and chewed here in the evenings, but little difference did that make with so much pure air pouring in all night long through that wide-open window.

Yes, she really thought she slept in fresh air in a well ventilated room. If she were the only violator, or a type of a small number, it would not be so bad. But she is one of a great many who *really* think they know all there is to know about fresh air and its benefits, when in reality they don't know the smell of it. And what is worse they don't know that they don't know, and therefore cannot be taught.

The uncared-for human mouth is the prize bacterial garden of the world and all the conditions are there present for raising a banner crop. Upon the condition of the mouth depends the proper nutrition of the body. Germany has established infirmaries for the care of children in its public schools, and they have shown that the time expended in putting the teeth in order is far less than that lost in toothache and diseased teeth, and that the cost of keeping teeth in order is more than compensated for by the general health of the children.—*Dr. Samuel A. Hopkins.*

"As between rotten food and rotten air, it is hard to say which is the worst. Both are bad and no human being should be compelled to eat the one or breathe the other."

TEN HINTS THAT WILL ADD TEN YEARS TO YOUR LIFE

First. Don't overeat. Too much food clogs the intestines, generates poisons which the body finds difficult if not impossible to throw off, and in general has the same effect on the vitality as banking a furnace would have on a fire.

Second. Don't drink booze; drink pure water instead. Alcohol lowers the mental efficiency, poisons the nerves, impairs the body resistance to infectious diseases, and tends to degenerate the arteries. This indictment of alcohol is amply substantiated by scientific researches.

Third. Sleep with your windows open. The lungs throw off carbonic acid gas, which is poisonous. This gas must be allowed to escape from the bedroom or it will be breathed in again, and thus the body will be poisoned over and over by its own waste products. Moreover, the lungs need the oxygen which is found only in fresh air.

Fourth. Bathe every day, regulating the temperature of the water by the effect which the bath has upon you. Bathing keeps the skin healthy, reduces the number of germs on the body surface, acts as a tonic to the nerves which keeps the blood in circulation throughout the skin. The skin circulation is the chief agent for regulating the body temperature.

Fifth. Always wash your hands before eating. The hands pick up millions of germs between meals, and these will surely get on the food unless they are washed off before you sit down to the table.

Sixth. Keep your mouth in good condition. Poor teeth not only prevent you from chewing your food properly, but also promote a foul, germ-laden condition of the mouth, which will infect all food and thus tell seriously upon the general health.

Seventh. Take a walk every day. Rust attacks unused machinery and sends it to the scrap heap years before its time.

Eighth. Don't worry over things you can't help, and see that you don't have to worry over things that you could have helped. Worry brings on neurasthenia, indigestion, and poor nutrition.

Ninth. Leave patent medicines alone. Go to a reliable doctor instead. No man can prescribe a uniform treatment for every given disease or person any more than a tailor can cut a suit of clothes that will fit everybody.

Tenth. Start following these rules young. Any human being's good health begins with his parents. If they bring him into the world healthy, teach him personal hygiene, give him good plain food and sanitary surroundings and keep him away from bad habits till manhood, he is likely to have good health all his life.—*J. W. Schereschewsky, M.D., of the U. S. Public Health Service.*

WHO CAN AFFORD IT?

Who can afford to pay the price of alcohol? The money price of a drink is not all, and unfortunately, the man who drinks is not the only one who pays. Family, friends, children, and society at large pay some portion of the final drink bill of the man who drinks and mars his life with alcohol.

The price of a drink for millions of men, fairly equipped for citizenship, has been life failure, misery, disease, and premature death. What the individual does not pay, his family or society will have to pay, for where there has been alcoholic indulgence there is a bill that must be paid.

Who can afford to have against him the influence that follows the use of alcohol? Who can afford to take upon himself the burden of misery, disease, vice, and crime that follows on the

steps of drunkenness? Who can afford the great moral indictment that must be answered?

If a nation cannot afford to drink alcohol and fight in war, an individual cannot afford to drink it and fight for his daily existence. If a strong, all-powerful nation cannot afford the handicap that alcohol places on efficiency, an individual cannot afford to have his powers weakened and his strength diminished in the struggle for personal achievement and human happiness. If a nation considers alcohol its greatest foe and the first to be conquered, the individual can afford to do no less. When the great nations at war became serious and determined to win, alcohol was their nearest and deadliest foe. They turned and conquered. Individuals should do as much.

THE IMPORTANCE OF A CLEAN MOUTH

One of the most important factors in preventing the decay of the teeth is to keep them clean. The nearer we come to perfect cleanliness the better off we will be, both for our health and saving our teeth. Very few people keep their mouths clean enough, because very few people know the value of it, and how to do it. Those who have learned the value of a clean mouth appreciate it, and when that knowledge and experience spreads throughout the world, diseases will be fewer and the years of health longer.

The mouth that is seldom cleaned is usually full of decayed teeth and disease germs. You will find cavities, pieces of roots, and quantities of deposits about the teeth, all of which are lodging places for germs.

No decayed teeth should be tolerated. They should be filled, crowned or extracted. Broken-down roots carry millions of disease germs. They should be removed at once. When

this is done, it is time for the dentist to carefully remove the slightest deposits of any kind which may be present around the teeth, especially near the gum border. This leaves the mouth in a condition where the person can take care of it and protect his health and save his remaining teeth.

The time at which it is most necessary to cleanse the mouth is at bed time. When the mouth is quiet during sleep, the cheeks and tongue not rubbing the gums and teeth, and the saliva not flowing, it is then that germs do their worst work, especially if there is decomposing food in the mouth. They are undisturbed. Teeth should certainly be cleansed on retiring at night and on arising in the morning. If you cannot clean your mouth more than once in twenty-four hours, clean it at bed time.

A large tooth-brush is almost useless because it cannot be properly handled. A large brush may cover more teeth, but it cannot be used so as to rub the teeth and gums in the proper way.

The right brush should have a tuft of bristles at the end and a long slender neck between the bristles and handle, so that it may move with ease and comfort in the corners of the mouth when brushing far back on the rear teeth. If the bristle part of a brush is too large it fills the mouth so as to prevent reaching way back of the last teeth, one of the most important places to brush.

You should start the brush way down on the gum and brush upward and outward on the lower teeth, then carry the brush far back to the rear teeth with a rotary motion.

The market is flooded with numerous antiseptic preparations in the form of liquids, paste and powders. These should be used freely once a day to keep a healthy condition of the gums and lining membrane of the mouth.



TUBERCULOSIS IN CHILDREN

Often Traceable to Tuberculosis in Cows

ABOUT a year ago Governor Glynn, of New York, appointed a commissioner to investigate the facts regarding bovine tuberculosis, in order to render more effective the work of controlling and eliminating this disease in dairy herds. The committee found as it concerns public health that the bovine bacillus is responsible for certain types of cases of tuberculosis in infancy and childhood, and that the infection is transmitted more chiefly in raw milk and cream. However, it may be present in other dairy products, as butter, fresh cheese, skimmed milk, and butter milk.

Another salient point stressed in the report was that this bovine bacillus in milk and other liquid products is killed by pasteurization, or heating to a temperature of 145 degrees fahrenheit, and maintaining this temperature in a closed vessel for thirty minutes. It recommends such pasteurization of all milk and cream intended for human consumption, and has this to say as to the danger there is to children:

On the side of public health it is impossible to express by a percentage the precise extent of the danger, but this at least is now well established among medical and scientific men—that many cases of certain types of tuberculosis occurring in infancy and early childhood are directly traceable to the use of milk from tuberculous cows. On the other hand, it has been found that by pasteurizing such milk—that is by exposing it to heat in a closed vessel at a temperature of 145 degrees for period of thirty minutes, which is the standard in New York state and New York city—any tubercle bacilli that may be in the milk or cream are destroyed. Such pasteurization will destroy at the same time any germs of typhoid fever, of scarlet fever and of most other infectious diseases which by any means have found their way into the milk. Whereas the bovine tubercle bacillus is especially dangerous to young children, these other germs spare neither young nor old. By very great care in the production of milk the danger of its infection by harmful germs can be reduced to a minimum, but this danger cannot be altogether eliminated because of the liability to error of the men who milk. Inasmuch, therefore, as pasteurization offers a complete safeguard against both accident and lack of care as far as disease germs are concerned this commission earnestly recommends to the public health council and to city departments of health throughout the




State Sanatorium for the Treatment of Tuberculosis—Main Building.

state to call for the pasteurization of all milk and cream intended for human consumption excepting certified milk and grade "A" milk as defined by the sanitary code of the public health council.

RECOGNIZE TUBERCULOSIS EARLY

The Why and How of Early Diagnosis of Tuberculosis

UBERCULOSIS must be recognized earlier in the game. At present too many cases are never recognized until it is entirely too late. The responsibility is with both the doctor and the public. The public must be taught when to suspect tuberculosis, that upon the slightest suspicion prompt examination by a competent, conscientious doctor is necessary, and finally, just what constitutes a competent, conscientious doctor in such a case.

On this matter the following from the *Journal of the Outdoor Life* will be especially timely:

A study of subsequent histories of 1,771 cases treated at Wallum Lake from 1 to 8 years ago shows the following percentages of living patients, viz.: incipient, 86 per cent; moderately advanced, 48 per cent; far advanced, 2 per cent. In other words, when a patient becomes moderately advanced he has lost half his chances, and when far advanced all his chances of recovery.

PHYSICIANS' MISTAKES FROM THE PATIENTS' STANDPOINT.

All sanatoria for tuberculosis constantly contain many patients who have gone from one physician to another, suspecting that they have tuberculosis and trying to get this suspicion confirmed. They are told that they have a cold, grip, bronchitis, malaria, weak lung, throat trouble, etc., etc., until they pass into the second or even the third stage. Any person with symptoms of consumption who thinks he has it should be given careful consideration. Rarely, such patients may be neurasthenics with phthisiophobia, but much more often they really are consumptives.

BEWARE OF "COLDS."

What brings consumptives to a physician's office? Patients usually do not suspect consumption, but believe they have an unusually severe cold or bronchitis, or an attack of grip. Physicians have many cases which are truly bronchitis and grip, and if they wish to weed out the occasional tuberculous patient, they must be willing to take a suspicious attitude toward all such complaints. Many persons who say they have nothing but a cold, have no coryza at all, but they have a chronic cough due to tuberculosis with an exacerbation which they call a cold and which brings them to a physician.

INCIPIENT CASES APPEAR WELL.

Physicians cannot expect to diagnose phthisis early unless they are able to detect the disease in those who look well. To diagnose phthisis when the person "looks like a consumptive" is usually too late either to cure the patient or to protect his family. To refuse to diagnose phthisis because the patient looks well is the acme of folly.

A HISTORY ALWAYS IMPORTANT.

Valuable as a chest examination is in estimating the results of treatment and forecasting the final outcome, the history of the case is of greater importance in making a diagnosis. Cough medicines should not be given without taking a history. Every one who consults a physician for a cough should be questioned for a family history of tuberculosis, for expectoration, blood spitting, pleuritic pain, fever attacks, a tired feeling, loss of weight and night sweats. One can get these facts in a few minutes and they will lead to the detection of nearly every case. Many consumptives will deny having a cough because it is so slight that it does not trouble them, but will finally admit a slight cough and even a slight amount of expectoration on rising in the morning.

DIAGNOSTIC VALUE OF SYMPTOMS.

Idiopathic pleurisy in adults is tuberculous in about 90 per cent of the cases, and the underlying lung is so frequently affected that it is safest to treat them all as phthisis.

Every case of blood spitting should be diagnosed phthisis unless the blood has come from the upper air passages or stomach, or as accounted for by pneumonia, or uncompensated mitral disease. Follow this rule and you will be right 99 per cent of the time. Even

in haemoptysis following injury to the chest, tuberculosis is present in over half the cases. No healthy lung will bleed from ordinary "strains" like lifting, etc. In phthisis the blood is usually coughed up, but often comes to the back of the throat without coughing. Suspicious symptoms are:

- (a) Rapid pulse.
- (b) Evening rise of temperature.
- (c) Loss of weight.
- (d) Cough.

The continued presence of any two of these symptoms require that good cause be shown why a diagnosis of tuberculosis should not be made. A history of prolonged exposure to infection, while insufficient in itself, if added to the clinical picture makes the diagnosis easier.

SPUTUM EXAMINATIONS.

All patients having expectoration, whether tuberculosis is suspected or not, and especially the grip and bronchitis cases, should have sputum examinations as a routine procedure. It costs nothing and quite occasionally reveals tuberculosis where unsuspected. While the finding of the tubercle bacilli in the sputum is the only infallible proof of the existence of tuberculosis, yet if they are not found it does not in the least tend to prove that tuberculosis is absent. To wait for the bacilli to appear means that the best chance of cure will be lost, and is never warranted.

PHYSICAL EXAMINATION.

All patients having symptoms referable to the chest should have a physical examination. If there is not time at the first office call, an appointment should be made. Physicians wishing to make conscientious chest examination must insist on the chest being stripped to the skin. With experts baring the skin, it ill behooves general practitioners to examine through clothing. An important thing to remember about listening to the chest in suspected phthisis is, that if you do not ask the patient to cough, your examination is likely to be valueless in early cases. Patients who have been much examined in health resorts have a saying that "the doctors who don't make you cough are no good." Have the patient cough at the end of expiration followed by deep inspiration, and rales will be heard where they cannot be otherwise.

It is very important to know the limitations of chest examinations. If a patient has had haemoptysis, one



• SEE A GOOD DOCTOR •

should not hesitate to diagnose tuberculosis merely because signs are absent, for general practitioners frequently and experts quite occasionally cannot find signs in such cases.

DON'T POSTPONE DIAGNOSIS TOO LONG.

An acute bronchitis, even if severe, should not last over two months. Some cases of tuberculosis have chills, fever and sweats which yield to quinine; therefore quinine should not be given or a diagnosis of malaria made until the plasmodium has been found in the blood. Blood examinations are made by the State Laboratory of Hygiene. A diagnosis should be made in a few weeks at the latest. Don't wait for signs to get plainer or for all the classical symptoms to develop as this means that the chance of recovery is slipping away. Fever may be absent for months and haemoptysis and other symptoms may never occur. Prolonged "watchful waiting" is disastrous in suspected tuberculosis. One is not justified in concluding that tuberculosis is absent merely because the patient gets better for a time. No mistake is so mortifying as to allow the case to become far advanced while you hesitate. In doubtful cases in which you dare not risk a diagnosis call a consultant. The sanatorium will help you in diagnosing difficult cases. If the patient cannot afford to pay a consultation fee and the diagnosis is doubt-

ful, the superintendent will be glad to assist you in the diagnosis without charge. Puzzling cases can be admitted for diagnosis.

ALWAYS TELL THE PATIENT.

To conceal from the patient the nature of his disease is a great wrong, for it prevents an intelligent effort on his part to protect himself and his fellows. Avoid vague terms like "spots on the lungs," "lung trouble," "weak lungs," "rundown condition," etc. Every patient should be promptly told with unmistakable plainness that he has tuberculosis of the lungs. Don't let relatives persuade you to compromise with truth so as not to "alarm the patient." Relatives should not be allowed to cheat the patient out of his chance to live and protect his family. Even children should be told the truth, that they, like adults, may do their best to live and protect others.

FINDING OTHER EARLY CASES.

Once the diagnosis of pulmonary tuberculosis has been made, the patient should have explained to him the danger to which his family has been subjected, and inquiry should be made as to whether other members have developed symptoms. Those not in perfect health should be urged to consult a physician. Persons who have had a prolonged exposure to infection, but who have no signs, should be told emphatically that there is no security whatever in a negative chest examination. Such persons should be warned that there is considerable risk of tuberculosis developing, and the early symptoms should be explained to them and their families, so that if any of these symptoms develop, they may consult physicians promptly.

HOME TREATMENT IS PLAYING WITH FIRE.

While this has been made effective by Pratt in his class system, his results have rarely been duplicated. There is usually no one at home to enforce a strict regime. Some or all of the following handicaps are usually experienced: the patient will not take his temperature, refuses to stay in bed with fever, takes too much exercise, will not remain out of doors in cold weather, does not have nourishing food, goes to bed late, is kept awake by children, drinks alcoholics, etc. Theoretically a patient can do well at

home, just as theoretically a boy can learn Latin at home if he has textbooks, but sanatoriums and schools are nearly always necessary to get results.

HOW TO SLEEP

Here are a few common sense directions guaranteed to be beneficial in ninety-five out of every one hundred cases of insomnia.

Get enough physical exercise during the day to tire you.

Go to bed at the first urgent invitation of Morpheus.

Be sure the bed is comfortable and the room quiet.

Think pleasant thoughts.

Don't have the head of the bed lower than the foot.

Be sure there is no other live-stock in the bed with you; if there are, change boarding houses.

If you haven't bathed lately, try a good application of soap and warm water just before retiring. This is said to work wonders in more directions than one.

If your neighbors' cats also have insomnia, throw them a few Jackson crackers. If this fails, a shotgun is known to be a sure remedy.

Eat supper at least two hours before retiring. Eat a light supper and take nothing indigestible.

Don't worry and don't take dope.

If you don't get to sleep right away and if you don't sleep quite as much as you think you should, remember that even lying awake in bed is very restful.

Efficiency is largely a matter of health, and the employer who would get most efficient service from his employees must give good heed to the healthfulness of the conditions under which they work.



CHILD HYGIENE



HEALTH HABITS FOR THE CHILD

Children Should Form Health-Producing Habits While Young

MOST parents recognize the controlling force of habit in matters that pertain to the mental and moral welfare of their children. Habit in its relation to physical well-being is of quite as great importance. Take, for instance, the habit so common among people of all ages of putting things into the mouth. The germs of some of the most fatal of infectious diseases enter the system through the mouth. Pencils, pennies, marbles and the numerous other things taken into the mouth are always likely to have on them seeds of some deadly disease got in passing from hand to hand.

Children can and should be early trained to put *nothing* in the mouth but food and drink. The right order established at the beginning of life may be maintained much more easily than a wrong order can be changed when it has become a habit.

Someone has aptly said, "We first make our habits, and then our habits make us." This is especially true of health habits. The bodily attitudes a child habitually assumes do much to make or mar his health, as also his appearance. Bad postures that become a habit with growing children result in bones becoming misshapen as they harden and, not infrequently, in a life-long deformity. The child that is allowed to sit carelessly so that his back curves outward and his head droops forward, cramping his chest in a way that makes it impossible for him to breathe deep and full, and that likewise crowds his stomach and other

vital organs out of place, is being handicapped for life by a bad habit.

Parents should inform themselves as to correct body postures and train their children to stand erect, and so sit and walk as to promote health. It requires much watchfulness and perseverance to do this, just as it does, however, to train the child aright in any particular. Mothers the world over have the same difficulties to contend with. Travelers in the Orient tell us how the Arab mother, by constant insistence that her child carry a basket or some other utensil on his head, teaches him to stand and walk with good poise.

IMPORTANCE OF CLEAN HANDS.

Then there is the matter of clean hands. Most mothers see to it that the baby's dimpled ones have the appearance of cleanliness and insist that the older children wash before meals. But more than this is necessary for safety. Hands become contaminated so easily and so often and in so many ways that they need to be very frequently washed. *The clean hands and clean finger-nails habit would save multitudes of children's lives.*

To illustrate the value of clean hands we may cite tests made in certain English, French and American hospitals, whereby persons ill with different communicable diseases were cared for in the same wards with persons not having the disease, the greatest precautions being taken at all times and by everyone having the sick in charge to wash the hands thoroughly after touching any patient, and permitting no object which had touched the sick one to come in con-

tact with another until it had been cleansed. Where this rule was strictly observed there was no spread of the communicable diseases.

Keeping the fingers away from the lips, the nose and the eyes would likewise save many an attack of illness. All-over cleanliness of the body ought to become a personal habit with every child. Clean teeth is another habit that all parents should feel a responsibility in inculcating into their children's lives.

RIGHT HABITS BETTER THAN RULES.

The other day when the grocery boy brought some apples among the day's supplies we offered one to a little five-year-old visitor. It was big and red, and looked so luscious one could see he longed to eat it. He took it with thanks and bravely going to his place at the table laid it beside his plate, remarking, "I do not eat between meals." That boy's mother is certainly building well for his future. And she is by no means the only one. Mothers all over the land are waking up as never

before to the importance of health principles.

Mrs. Ellen H. Richards once said that "it is only the child that can be educated to acquire habits of right living so perfectly that the suitable action takes place unconsciously. The right care of the body must be included among the necessities of education. Correct habits, not rules, are the proper preventions for all sorts of defects. To secure and maintain a healthy body, habits of cleanliness and enthusiasm for health must be inculcated. Such habits can be readily impressed on the body while it is plastic—that is, while it is young: but they are acquired only with difficulty and by much thought in after years. Hence there is the greatest economy of time and energy in accustoming children to habits of daily living which will give them the best chance in after life—the chance to be healthy, happy, efficient human beings."—*Mrs. E. E. Kellogg, in Good Health.*



TAKING THE CURE

Patients at the State Sanatorium Enjoying Outdoor Life



The Health Bulletin

Published by THE NORTH CAROLINA STATE BOARD OF HEALTH

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THE OFFICIAL THANKS OF THE NORTH CAROLINA STATE BOARD OF HEALTH FOR THE ASSISTANCE OF THE ROCKEFELLER SANITARY COMMISSION.

Whereas, the five-year period for which the foundation for the eradication of hookworm disease was established has expired; and

Whereas, the work of the Rockefeller Sanitary Commission terminated in North Carolina May 1, 1915; and

Whereas, the Rockefeller Sanitary Commission has expended the sum of \$81,516.23 during the last five years in improving sanitary conditions in North Carolina; and

Whereas, the work of the Commission has resulted directly in the examination of 267,999 citizens of this State for hookworm infection, in furnishing treatment to 95,618 infected citizens, in improving 1,796 privies and, indirectly, in an extensive development of an intelligent appreciation for public health work along all lines of sanitation; therefore be it

RESOLVED, That the North Carolina State Board of Health do hereby officially record their appreciation of the work in this State during the last five years of the Rockefeller Sanitary Commission; and be it

FURTHER RESOLVED, That a copy of these resolutions be sent to the successors of the Rockefeller Sanitary Commission, to wit, the International Health Commission, and that these resolutions be given public notice through the Bulletin of the North Carolina State Board of Health.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

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|---|---|
| No. 12. Residential Sewage Disposal Plants. | Anti-Tuberculosis Placards (14 |
| No. 14. Hookworm Disease. | inches by 22 inches). |
| No. 19. Compilation of Public Health Laws | No. 41. Tuberculosis. |
| of North Carolina. | No. 42. Malaria. |
| No. 23. The Vital Statistics Law. | No. 43. Practical Privies. |
| No. 25. Typhoid Fever Leaflet. | No. 44. State Policy for the Control of Tu- |
| No. 27. The Whole-Time County Health Of- | culosis. |
| ficer. | No. 45. The Control of Smallpox. |
| No. 29. Rules and Regulations for County | No. 46. Compilation of County Health Laws. |
| Boards of Health. | No. 47. Privy Leaflet. |
| No. 30. Measles. | No. 48. Fly Leaflet. |
| No. 31. Whooping Cough. | No. 49. Typhoid Leaflet. |
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| No. 33. Scarlet Fever. | No. 51. Rules and Regulations of County |
| Anti-Spitting Placards (5 inches by | Boards of Health. |
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| Anti-Fly Placards (14 inches by 22 | Measles, or Whooping Cough. |
| inches). | No. 54. Disinfection After Scarlet Fever. |
| Anti-Typhoid Placards (14 inches | No. 56. Tuberculosis Leaflet No. 2. |
| by 22 inches). | |

THE Health Bulletin



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Vol. XXX

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No. 4

EDITORIAL BREVITIES

Take a vacation, but take no chances with typhoid. Get vaccinated before you go. Safety first, you know.

Flies are a special menace in every home where there is a baby. They reduce the baby's chances of living about half.

A flyless town is not impossible. Why not make yours the envy of all the towns in the State and by so doing get the biggest and best advertising that a town could have?

Stay at no summer resort where there are fly-boarders. Know that the food that is served you is not fly-infected and that the milk you drink is clean. Know also that there are sanitary means for the disposal of sewage.

Disease prevention is the only practical procedure by which we may hope to establish and maintain a low death rate. We will succeed only to the degree that all the people become interested to the point of coöperation.

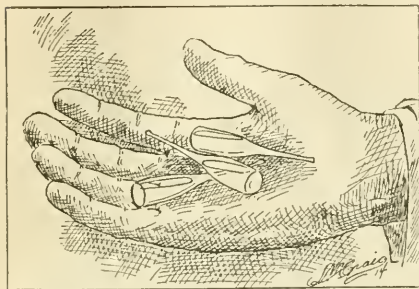
Have you examined your well recently? Do you know that it is not receiving surface drainings? The curb should be water tight and the ground should be built up high around the well, to turn away surface waters. The best and safest plan is to use a pump and make the top of the well water-tight, preferably with cement. Closed wells with pumps are always safer than open topped wells with buckets and chains.

A pure water supply is an important factor in conserving a city's health. For example, Columbus, O., installed six years ago a modern filtration plant. Prior to that time, it used a more or less polluted well supply and an unfiltered river water. For six years prior to the installation of the filter plant, their typhoid fever death rate averaged 63 per 100,000. For the six years since installing this plant their typhoid rate has dropped to an average less than 17 per 100,000, or about one-fourth of the former rate. Practically all this improvement is credited to the use of pure, filtered water.

Keeping flies in a town is expensive. A conservative estimate placed on a case of typhoid fever is \$500, which does not take into account the patient's earning capacity and time lost if he gets well, or his funeral expenses if he dies. No town that tolerates flies and open-back privies during the summer is likely to escape at least a few cases of typhoid. When as a consequence of a typhoid epidemic several of the most promising young men and women are sickened or a number of the town's most prominent citizens are buried, to say nothing of the expense the town is put to, then that town is ready to take steps of precaution. For the first time that town feels the need of typhoid prevention and for the very first time the people feel that they cannot afford to live with filth and flies. But, better late than never.

ANTI-TYPHOID VACCINE

This is what reduced the typhoid death rate from 37 to 0 per 100,000 in the army in four years. It made every soldier's life safe from typhoid fever. It will make yours much safer in case of an epidemic of typhoid or in case you are accidentally and unconsciously exposed to the infection. You can't



FREE ANTI-TYPHOID TREATMENT

The State offers free anti-typhoid vaccine to any citizen who will apply for it through his health officer or family physician.

always control your chances of coming in contact with typhoid germs, but you can very largely determine your chances of having the disease. Anti-typhoid vaccine, three doses, will make you practically immune to typhoid for three or four years, perhaps longer. The treatment is easy, practically painless and causes no sores nor loss of time. The vaccine is free. If you have not been vaccinated already have your physician write to the State Laboratory of Hygiene for the vaccine and have it administered at once.

That doctor is an enemy to his patrons, to the State and to the science of medicine, who refuses or neglects to report his births, deaths and cases of dangerous infectious diseases.

"Sunshine is delicious, rain is refreshing, wind braces up, snow is exhilarating; there is really no such thing as bad weather—only different kinds of good weather."—*Ruskin*.

TAKING VACATION

Many Points to Be Considered in Making Your Vacation Profitable.

T is time to take a vacation. Everybody that works either mentally or physically needs a vacation sometime during the year.

Perhaps you think you can't afford a vacation this year. The fact is in general you can't afford not to take one. You can't afford not to rest your mind and body and get away from routine work. You can't afford the risk of another year's hard work—the mental as well as the physical strain of it. You may not be able to afford an expensive trip to the seashore or to the mountains but you can afford a rest and a change of environment for at least a few days.

If you have not already made your plans you should do so at once. You should know what you want in the way of a vacation, the amount of money you can afford to spend, where to go and what to take.

In making your decisions, health and efficiency should be your first consideration. A successful vacation is one that *re-creates* you—that makes you all anew, mind and body, and puts a new song into your mouth. It must be enjoyable, of course, hold new interests, new activities and finally, it must be a tonic for the mind, body and nervous system.

The expense, of course, is an important item for many of us in making our decisions. It determines more or less where to go and how long to stay. But it does not take the element of rest and recreation out of the vacation idea, nor should it diminish the amount of pleasure in it. Delightful outings, camping parties and little trips to the seashore or mountains can be taken at little expense if well planned.

Here are a few important health points not to be overlooked or minimized in deciding on the final vacation

plans. First, go where your health will not be in jeopardy. Stay at no place where there are flies or mosquitoes. Second, know that wherever you go there are sanitary means for the disposing of sewage. Third. Know that the food served you is not fly-infected and that the milk is clean. Fourth. Know that your drinking water is in no danger of being polluted. Fifth. Be vaccinated against typhoid fever before leaving home, thereby reducing your chances of contracting typhoid fever 90 or 100 per cent.

A few don't's will perhaps be in place before making the start.

Don't take too much baggage.

Don't take any cares or worries.

Don't exercise too strenuously at first.

Don't eat injudiciously.

Don't spend too much money.

Don't forget that rest is what you are there for and that a vacation that does not put new life into your body and joy into your heart is a failure.

BENEFITS OF ANTI-TYPHOID TREATMENT

An anti-typhoid treatment will—

1. Make your life more secure.
2. Remove the chief health danger associated with vacations in country places.
3. Minimize the health menace of travel.
4. Render you immune to a highly fatal, long continued and costly illness.
5. Save you worry and save you money.
6. By protecting you against possible typhoid it indirectly prevents that high death rate and serious train of other diseases that so frequently follow after cases of typhoid.

Switzerland requires her school children to be in the open air at least ten minutes out of every school hour.

IF YOU WANT TO ENJOY THE SUMMER, KEEP WELL

Typhoid fever may appear in your home because it was contracted where people were ignorant or careless. This you cannot prevent. But you can take such precautions that no one else in your family will catch the infection. Have a fly-proof closet, keep flies from the sick and from food, take care not to have the water supply contaminated and keep hands clean.

Before you select a place to spend your vacation inquire about typhoid in that community.

SLEEP AS A RESTORATIVE

It is clear from this what an important part sleep plays in maintaining health and working ability. In China where there is no lack of refined methods of executing criminals, one of the most gruesome is depriving them of sleep. Death takes place in from five to seven days.

In fact, continued loss of sleep must inevitably lead to death; but a reduction of sleep causes an injury to health. Repeated curtailment of sleep must in the long run most seriously impair the working ability of body and mind.

PREVENTION IS NOT SPECTACULAR

It has been repeatedly observed that one of the principal reasons why preventive medicine is not more highly appreciated and does not receive better financial support, is the fact that deaths from any disease lack tragic interest. A little life crushed out by an automobile or street car receives marked publicity through the press and elicits universal sympathy, and naturally so; but the fact that on the same day several in the same municipality had died in their beds from preventable diseases, creates no comment.

Avoid doctors who advertise.

PERSONAL HYGIENE



JUST A HEADACHE

HOTS of people seem to think, "O well, it's just a headache, it will soon be well," and let it go at that. Some suffer a little from it while others suffer a great deal. Every person suffering from headache, without exception, is not efficient.

Now, the first thing to be done in the case of a headache is to find out exactly what caused the headache, and then go after the cause. Don't have any guess work about it, but get right down to the facts in the case. If you can't find out the cause for yourself, consult a doctor. Any headache, however slight, is worthy of at least that much consideration.

There are a great many different causes for headaches, but perhaps the majority of headaches come from improper eating—improper foods, the wrong kinds of food, the wrong kinds of drinks or too much food or drink or too rapid eating, constipation, eye strain and worry. Once the cause for the headache is found, set about immediately to remedy the cause.

Don't take "dope" for a headache. Practically all the advertised headache cures and soda fountain cures for headaches contain powerful drugs or heart depressants. Such drugs readily pave the way for the "drug habit."

For temporary relief there are many expedients as, for instance, the hot foot bath, a brisk walk in the fresh air, cold water applications, counter irritants, such as a mustard plaster, a cup of hot tea, etc.

The cure for a headache will in general depend much on the cause of the


headache. If constipation is the cause of the headache, the thing to do is to relieve the constipation, and then avoid constipation in the future. If it is lack of exercise, lack of fresh air, overwork, overworry or indiscretions in this, that or the other hygienic particular, the remedy and means of prevention are obvious. But remember that a temporary remedy for a particular headache is not the important thing. The important matter is to get at the root of things, to find out the cause of the headache and then remedy or remove the cause.

HEALTHY MOUTHS

Healthy mouths depend upon the proper use, proper care and proper treatment given them. It is a well known fact that if any part of our body is not used for a considerable length of time, it is soon rendered useless by nature. For instance, if one's arm is secured in a fixed position so that it is impossible to use it, in the course of a comparatively few months it becomes incapable of use. Similarly, if people naturally endowed with good teeth insist on using diet that requires little or no chewing, decayed or faulty teeth are usually sooner or later the result. This is particularly true in temporary or baby teeth. For this reason we should make it a point to select food, particularly for children, which requires a considerable amount of chewing. We should especially beware of those breakfast foods which require but little chewing before swallowing. From a health standpoint, whole-grain breakfast foods are much to be preferred.

DANGEROUS PESTS

Human Parasites Are Carriers of Disease

 LIES and mosquitoes are not the only disease carrying insects we have to reckon with. There are a number of parasitic pests that, besides being types of uncleanness, are carriers of disease. Perhaps the most loathsome are bedbugs. They have been known to spread plague and carry such diseases as typhoid fever, tuberculosis and syphilis. They have also been accused of carrying pellagra. While they may not be considered as important carriers of disease, the fact that they are no respecter of bed fellows and do their bloodthirsty deeds by night, warrants their extinction, even when decency and comfort are left out of the question. While they prefer human beings as their hosts they do not hesitate to feed on cats, dogs, mice, swallows, canaries and any other warm blooded animal accessible.

Their eggs hatch in six to ten days and if the bug gets plenty of food it reaches the adult size in thirty-five days. But it is distressing to know that a bed bug can live without food more than a year.

There are many ways suggested for their extermination, but perhaps the most immediate effect, for any vermin as for that, is to be had through fumigating with hydrocyanic acid gas. This deadly gas penetrates every crevice in the house or room where the bugs can conceal themselves and is recommended especially for houses where the infestation is heavy or of long standing. This method, however, is too dangerous to be used except by experienced fumigators. Therefore the old remedies must be resorted to which are effective enough if made thorough and are repeated at least four times at intervals of four days. Very liberal applications of benzine, gasoline or kerosene, or a

mixture of alcohol, turpentine and corrosive sublimate will be found effective. These must be introduced into all the cracks and crevices with small brushes or feathers or with small syringes. But the liberal use of hot water wherever practicable must not be forgotten as it destroys both eggs and bugs. There is yet one thing more. If the beds, bedding and all locations where the bugs may have concealed themselves be given a daily inspection for a week or two, this obnoxious pest will soon be exterminated.

Fleas! Fleas certainly spread disease. They are the main carriers of bubonic plague and have been known to spread leprosy and at least one form of tapeworm. They are difficult to get rid of on account of their nits which fall on the floor and cling to the carpets and rugs. Perhaps the best procedure is to do without rugs and carpets for awhile and keep the bare floors scrupulously clean. Dr. Skinner is quoted as solving the flea question by scattering five pounds of naphthaline on the floor of a room and leaving it with doors and windows closed for twenty-four hours. The powder is swept up and used again on the next room.

Lice are dangerous as transmitters of disease. Typhus fever, the scourge of the Serbian army, is due to lice. There is a mild form of typhus fever, known as Brill's disease, present in many portions of the United States. There are three varieties of lice which live as regular human parasites: the head louse, the body louse and the crab louse. The body louse especially transmits typhus fever. It is said that the European soldiers in the trenches pull off their clothes and leave them on ant hills as a means of ridding themselves of lice. This works very well with body lice but not with the other two varieties.

For the body louse the clothes must be baked, steamed or washed in gasoline. Two treatments at intervals of

a week are required. For head lice several washes are necessary. The use of kerosene, 2 per cent carbolic acid and tincture of cocculus indicus is effective. The treatment must be repeated as nits are not easily killed. One or two applications of mercurial ointment will kill crab lice.

Ticks spread to human beings in the Rocky Mountains a form of fever known as spotted fever. The only way found by the public health service to rid an infected mountain side of ticks is to graze it with sheep. They are set to grazing in the valley and are slowly worked up on the mountain side.

GOOD TEETH

The leading physicians, surgeons and dentists are now agreed that faulty, foul, neglected and diseased mouths and teeth are responsible for a very large percentage of the ills and ails that attack mankind. It has been demonstrated that 97 per cent of the human mouths are impaired or diseased.

The mouth is the gateway to the human body—the entrance through which all foods and drinks must pass. In view of these facts, it behooves each and every one of us to prevent unhealthy or diseased mouths and teeth.

THE MODERATE DRINKER'S RESPONSIBILITY

The occasional drinker and the so-called moderate drinker are more guilty than is the drunkard himself; because they alone give standing and respectability to the drink habit, and it is out of their ranks only that the drunkards stagger to curse society. The moment the occasional drinker and so-called moderate drinker abstain from intoxicants, that moment the curse of alcoholism will vanish like a mist before the rising sun.

TOOTHBRUSHES AND CIVILIZATION

Modern Day Methods of Having Good Teeth



IN all probability, nature never intended that mankind should use tooth brushes, tooth picks, tooth pastes, etc. Similarly, nature never intended that men should live in skyscrapers, or poorly ventilated, overheated residences. Nor did nature ever contemplate a lot of our other present modern violations of her laws. To partially compensate for some of our modern violations of nature's laws, it is necessary in order to have healthy mouths and good teeth, to use tooth brushes, to use them properly and to use them frequently.

The right kind of a tooth brush is a matter of considerable importance. As a general rule, there is more danger in getting the bristles of a tooth brush too soft than too hard. The old fashioned type of tooth brush, with bristles all the same length, should never be used.

One of the first things sought after in brushing the teeth, is to remove all food particles from between and around the teeth. To do this, it is much better, in using the tooth brush, to give it a rotary motion, brushing in a direction from the gums toward the end of the teeth, than it is to saw back and forth across the outer or inner edges of the teeth.

During and after using the tooth brush, the mouth should be filled with lukewarm water and by means of the cheeks, tongue and lips, this water should be forced back and forth between the teeth a number of times in order to rinse out the mouth and to remove food particles or other material from between the teeth.

The teeth should by all means be cleaned upon arising in the morning and again immediately before retiring at night. This is a habit very easy to

acquire and when once acquired it is very rarely broken. It is needless to say that habits of cleaning the teeth should be begun in early childhood. For the best preservation of the teeth, it is also to be advocated that they be cleaned immediately after each meal. For fear of being charged with urging too much attention along this line with what may seem to some a loss of time and energy, we suggest the following alternative.

If conditions are such that it is extremely difficult to pursue the habit of cleaning the teeth immediately after each meal, it will be found to be of advantage immediately following the meal to take a swallow of water in the mouth and gently rinse it around to remove the looser particles which may have lodged between the teeth. Then by means of tooth picks, preferably of quill or wood, or better still, by means of a piece of dental floss, particles of meat or more solid matter can readily be removed from between the teeth without the necessity of brushing them.

As regards a good mouth wash or dentifrice, we hesitate among the many good ones now on the market to make any special recommendations. If in doubt in regard to a particular brand of tooth paste, dental cream or dentifrice, consult your dentist.

A good dentist should be consulted not less than once a year if for nothing else than to make sure that no crevices or cavities of decay are starting, and if they are, to have them repaired at once before they become serious.

LIVE ON THE LEVEL

There are a lot of diseases taking away useful men and some useful women before their time. There is one cause for most all these premature death-producing diseases which may be called "too much." Too much eating, too much drinking, smoking, dissipating, too much mental strain and over

work, too much of the indulgences and hardships peculiar to the respective stations in life. What we need is to live more on the level, to pursue with more forbearance and enjoyment the even tenor of our way. But the tendency is to rush headlong, to go the limit and to crave excess in all things.

As a result of this "too much," such diseases as heart-failure, hardening of the arteries, kidney diseases, tuberculosis and the other so-called diseases of civilization are making premature deaths the rule and not the exception. They are cutting off the chances of living the natural length of the life span more than half, and suicide by such injudicious living, both individual and social, has become the most common form of death. "To die of age is a rare, singular and extraordinary form of death," especially in this age of excesses.

To get back to the level and live there will demand a sober use of all the organs and faculties to the ends for which they were created. It will be to cultivate the art of healthful living, the joy of a body free from weakness and disease, and those habits that will keep the body strong and lead to long life. In other words, it will be to make living a healthful life your business and to more than pay your debt of fifty years to the race.

Great emphasis is now laid on prevention. Disease used to be blamed on Providence or the devil. People are now urged to prevent disease by proper cleanliness and proper disposal of sewage and garbage. A very important rule at the hospitals is to avoid contact with discharges which come from any part of the patient. If the patient has to be handled, keep your hands out of your mouth, nose, etc., and when the work is done wash the hands immediately.

CANCER PREVENTABLE

Chronic Irritation, Over-Nourishment and Heredity Are Important

Causes

CANCER is now looked upon as a preventable disease. As soon as this fact can be made to sink into the mind of the general public, our high death rate from cancer will be reduced. As it is now it is steadily on the increase. In 1913 there were 72,782 deaths from cancer in the United States alone. It is a disease of middle life and old age. The cancerous age begins about 35 years and reaches its maximum between 50 and 60, when more than one death out of eight is caused by cancer. This disease, however, continues to take heavy toll from humanity until the ages of 80 or 85 years.

There are three phases to the cancer prevention question: First, cancers are caused most often from long continued irritation of the tissues of some locality. This irritation can be prevented. Second, cancers develop most readily in, and grow most rapidly in, overnourished people. Overnourishment can be controlled. Third, a family tendency to have cancers is inherited, but inheritance can be prevented by discretion in mating. No one from a cancerous family should marry a person from another cancerous family. Hence the statement that cancer can be prevented.

Cancers caused by irritation are generally those of the tongue, the mouth and the lips and those of the breast. Cancer of the tongue develops more rapidly than in any other part of the body, yet it is curable if patients will only act quickly enough in recognizing it and consulting a surgeon. There should be no long or continuous irritation of any part of the tongue, mouth or lips with pipes, cigars, ragged or sharp teeth or dental plates. Pipe stems have caused many a cancer.

Sharp edged teeth, decayed stumps or badly fitting plates should not be tolerated under any circumstances. The dentist should remedy them at once.

Women should be extra careful with their breast glands. Corset steels especially should not be allowed to irritate. Twenty-five per cent of all cancers are those of the breast. By early operation cancers can in most cases be successfully removed. Like tuberculosis, however, the longer they are allowed to go without proper attention the less likelihood is there of a cure.

People of the cancerous age, from 35 to 70 or 80 years of age, should, if they come from cancer families, carefully avoid obesity and would do better to pass this age undernourished rather than overnourished.

Cancer itself is not inheritable, but the susceptibility to, or tendency to have cancer is inheritable. The laws that pertain to the inheritance of cancer are the same as those pertaining to albinism, and it has been proven that cancer can be eliminated from any family history by proper mating. People in whose family history there is a cancer strain should be especially careful to prevent it. They should avoid chronic irritations throughout life. They should take special pains to keep every organ free from inflammation and where there are sores they should heal them up as soon as possible. Far more than the average person they should endeavor to keep themselves 100 per cent well all the time and lay no foundations for cancer. They should live abstemiously and should avoid over nutrition. Whenever ulcers, hard patches or lumps, or bleeding places occur, they should look upon these with suspicion and should consult a good surgeon at once. Cancer of the stomach often follows neglected ulcers of the stomach. Constant pain in the pit of the stomach should be cause for suspicion.

As a proof that chronic irritation is a frequent cause of cancer a few illustrations are sufficient. In olden times there were a group of men who made their living by cleaning chimneys. In doing their work they sat straddling the top of the chimney, working their long handle brooms. This position which they constantly occupied caused sores to come on the inside of the thighs. Most chimney sweeps died of what was known as "chimney sweeps' cancer," or cancer of the thighs.

The Philipinos are noted for cancer of the cheek which is due to the chewing of the beetle nut and to the carrying of this nut lodged well up against the cheek. Soldiers required to do much marching with guns or heavy outfits on their shoulders frequently develop cancer on their shoulders. Cancer is often directly traceable to some chronic irritation, a pipe stem or corset steel or from certain kinds of work.

OPEN-AIR SCHOOL WORK IN SOUTH CAROLINA

The following is an extract from the report of South Carolina's open air school work, which they claim is probably the first of its kind in the South.

"Now, let us see what have been the results of this open air life in point of physical health. Here are a few of the many that might be enumerated: Increase in weight, improvement in appetite, decrease in nervousness, inducement of more profound sleep, large immunity to cold and contagious disease, a greater ability to withstand exposure to cold weather, and less withdrawing from school on the part of the pupils as the warm weather sets in. Because of their experience at school, teachers and pupils demand a larger amount of fresh air at home. All that has been said of good results to pupils applies with equal force to teachers. Both pupil and teacher are almost as fresh at the close of the school day as at the beginning. In short, the result is all net gain.

"Now, let us see what has been achieved in point of mental activity. Such quickened ability to master a

subject that it is not an uncommon occurrence for a pupil to complete the work of three grades in two years; this I seldom accomplished before I began the open air regime. In some instances the work of two early primary years has been completed in one year. Promotion twice a session, which the city schools will adopt for the coming year, has always been used in this school."

DIRECTIONS FOR CARE OF MILK BY THE HOUSEHOLDER

You are responsible for your milk after it has been delivered to you.

Take it in as soon as delivered.

Be sure it is cool when delivered and keep it cool continually.

Keep it covered at all times.

Do not keep it in the same compartment with other foods.

Wash milk utensils as soon as empty with warm soap and water solution and finally scald with boiling water.

When washed, keep utensils from exposure to dust, dirt and insects.

If your milk is not satisfactory, send a sample in a bottle recently boiled to your local Board of Health as soon as possible after receiving it.

The belief is common among primitive and unlettered people that there is a specific remedy for every disease—an herb for every ill. The people must be taught that disease is not an accident or a dispensation of Providence or the infliction of an evil spirit, but the result of environment and the result of the mode of living. They must learn that health does not return by magic or by magic compounds; but must be restored by a personal battle against disease.—*Journal of the American Medical Association.*

The only night air that is injurious is last night's. Open the window and let it out.



PUBLIC HEALTH AND SANITATION



SCREENS AND HEALTH

Screens Are Health Insurance in Summer Time

NOT so many years ago screens for the doors and windows were regarded merely as a sort of luxury adding only to the physical comfort of those who were able to have them and wanted them. Very few people wanted them. Some thought they hindered easy access to the houses



Swatting is a hopeless proposition where there are no screens. Screen your house and then swat the stray flies that dodge in.

while others found them in the way when garbage was to be thrown out at the window.

The idea of protection was not associated with screens until the real facts were known about the typhoid fly and the malaria mosquito. Today screens are recognized as a necessity. They have become a kind of health insurance in the summer time. They are as es-

sential to the home for its comfort and safety as are the doors and windows themselves. As a matter of fact they are more essential in this country as concerns health. If a man should find himself unable to put doors, windows and screens in his new home, he should choose screens first and wait until he is better able to put in doors and windows. The value derived from fresh air through the screens, to say nothing of the protection against flies and mosquitoes, will make up in health for the difference in looks.

Screens are now considered so necessary as a means of health protection, for so great is the risk of flies and mosquitoes, that many progressive states have made laws requiring all hotels and public eating places to be thoroughly screened. The day may not be far distant when all homes will be required to do the same.

But any home that would today be healthful or that has any idea whatever of decency will certainly have screens in the windows and doors of at least the dining room and kitchen. The entire home, even to the attic windows and back porch, should be screened. Perhaps nothing helps so much in keeping flies out of the home as screening the back porch where the food is prepared and where the odors of food attract flies. This is easily done and is not so expensive after all. If, however, you cannot afford wire netting, mosquito netting will serve well for a season at least, sometimes longer. It will pay you to try it.

In screening windows don't spend money on extension screens. Have made-to-fit wire screens properly placed

in. If these are too expensive use mosquito netting till you get able to have the screens that really will protect you.

Even this is not all. Every now and then a fly will slip in at the open door. Swat him! The swatter is for the individual flies and not for the hundreds. Be sure you swat all stray flies, but swatting is a hopeless proposition where there are no screens, or screens at only part of the doors and windows, or ill fitting extension screens.

INNOCENT TILL PROVEN GUILTY

PERHAPS you think that the flies in your kitchen and dining room are not of the common, filthy variety that the Health Bulletin speaks of so often. You may think that though they are flies they are not as filthy and dangerous as those you read about. That's human nature. We all feel more kindly and tolerant toward our own faults, and even our own filth, than we do toward that of others. Nevertheless, it is just as filthy and just as dangerous.

In order to prove that flies carry disease and are no respecter of filth and likewise no respecter of foods and persons, the United States Health Bureau conducted the following investigation. In a southern town there was an epidemic of typhoid fever. The people were in general consternation. They could not afford to attribute this wholesale visitation to Providence as there was so much of it, and as the water supply was not a common one, it could not be responsible for the whole. The little house fly, however, went unsuspected until the Federal authorities were sent for, when it received condemnation from them. Even then the people were slow to believe. They were told that flies carried the typhoid germs from typhoid patients and their excreta to the kitchens and foods of other people, yet they didn't

see how it could be and were loath to take it seriously.

The health officers soon saw that they must by some means or other convince these people that flies were the main cause of the epidemic. Accordingly they caught a large number of their little harmless creatures and dipped their legs into red paint. These they turned loose just about the time dinner was being served in the homes. In flew the flies at the first unscreened window where there was odor of food, and for the first time the "doubting Thomases" saw for themselves. Instead of the usual trail of filth, they left a trail of red paint. But just the same they went for the butter and then for the bread and then for a dive in the milk.

The citizens were not long then in declaring war on the filthy fly. Sanitary closets were installed, houses were screened, and flies were kept away from sick patients and all their excreta. As a result the epidemic was soon brought under control, but not without the sacrifice of several bright lives, untold suffering and countless expense.


The price indeed was great.

TYPHOID A REPROACH TO A COMMUNITY

When will people learn that God does not bring disease and death? The Creator is not a murderer. We hope the time will come when the people will understand that God does not in His wisdom remove our beloved ones from us. We remove ourselves because of our wrong living. Typhoid fever exists because we maintain the conditions of typhoid fever. We are given intelligence sufficient to understand this, and then if we refuse to put our knowledge into practical operation, then, of course, we suffer. It serves us right. We get what is coming to us. Typhoid fever, like sin, is a reproach to any community.

IMPORTANT NOTICE

Changes in the Vital Statistics Law Worth Remembering

MPORTANT changes have been made by the last General Assembly in the vital statistics law. The most important change is the one requiring undertakers or those acting as such to file complete and satisfactory death certificates with local registrars in exchange for burial or removal permits. Heretofore ten days were allowed in the country after burial before making out a certificate of death and no burial permit was required. This was a rather haphazard arrangement which resulted in a great many deaths occurring for which no death certificate was filed. Our records were therefore incomplete and our statistics of little value. The new law will remedy all this by instituting business-like methods without working hardship on any one.

Another change is the one requiring doctors, midwives or parents to file a certificate of birth with the local registrar within five instead of ten days after birth.

Another change is the one requiring local registrars to file all their original birth and death certificates for the preceding month with the State Registrar on the fifth instead of the tenth of each month.

HEALTH OFFICER WANTED

Alexander County needs an all-the-time health officer.

Our people need the proper education on the lines of sanitation, hygiene and public health.

This can only be done by a first-class physician who understands his business.

Our county physicians see and appreciate the need of a health officer.

Common sense tells us that it is a necessary step to be taken.

Other counties are now reaping good results from the services of such an officer.

With the services of the right man we can free our county from all contagious diseases.

"Cleanliness is next to Godliness" and we certainly need education along this line.

Thousands of dollars are spent every year in Alexander County that could be saved to our people through the work of a good health officer.

Let the proper authorities take this matter in hand and see what can be done. It is a step that if once taken will never be regretted.—*Mountain Scout*.

COLORED UNDERTAKERS CO-OPERATE

Strong Resolutions Adopted by the Association for Thorough Enforcement of Vital Statistics Law

The colored Undertakers and Embalmers' Association of North Carolina is very much interested in enforcing the Vital Statistics Law in this State. The hearty coöperation of the colored undertakers of the State is assured through the following resolution:

"Realizing the importance of Vital Statistics to public health work and as the only authoritative corroboration of healthiness of any locality in the State,

Be it Therefore Resolved, That this Association coöperate to the fullest extent in its power with the State Board of Health in establishing the accurate collection of vital statistics throughout the communities of the State and in upholding public health work, and it urges each of its members and all others in like business, to use their best individual endeavors likewise in their own communities in this behalf."

FATIGUE AS A NEW QUESTION IN HEALTH WORK.

A new subject that has come into the field of industrial hygiene, or perhaps I should say, an old subject which has come to be newly regarded and which promises to occupy a place of unusual importance in the problems of industry and in the problem of public health, is the question of fatigue. It has long been very well known that accidents in railway transportation increase almost in proportion as the working hours of the trainmen increase beyond a reasonable length and it is very well known that accidents multiply in industries as the overstrain of the workers is increased. But we have not yet given much attention to the all-pervading presence of fatigue and its significance for the general health of the industrial class or for the general virility and physical vigor of the class. But all these questions are now coming prominently into the field of preventive medicine.

Mr. Oliver, in his "Disease and Occupations," says that "fatigue or tiredness is a sensation, the outcome of a particular state of the nervous system, the result of work carried on beyond the capability of the organism." Describing fatigue a little more in detail, he said: "The waste products added to the blood act upon the nerve endings in muscle and upon the gray matter of the brain and create a sense of fatigue. Although the sensation of tiredness is referred by us to the overworked muscles, the location of the cause is less in the peripheral than in the central nervous system. On the one hand waste products act upon the muscles, diminish their contractility and render them less responsive to nerve stimuli; and on the other hand they poison the large nerve cells in the gray matter of the brain, render them less receptive to sensory stimuli, and in this way reduce their power of emitting volitional impulses. There is,

therefore, in fatigue an element that is mental as well as physical."

The fact and effects of fatigue have in the last few years been made an additional basis for the justification of the shorter working day for women. It was recently argued conclusively and successfully before the Supreme Court of the State of Oregon that the regulation of the hours of labor for women was justifiable on the ground of the injurious effect of the fatigue of long hours. The same arguments, somewhat modified, prevailed in one of the superior courts of the State of Illinois.—By Thos. J. Riley, Ph.D., in *Monthly Health Bulletin of New York City*.

THE PHYSICIAN AND THE FEEBLE MINDED

More and more is the medical profession being compelled to acquaint itself with health work specialties. The public demands in the light of the new ideas of public health that the physician extend his field of activity and that he be a specialist on prevention as well as on cure. A new field especially now lays claim to the physician's particular services and accepts his decision as authority. This is mental deficiency.

Dr. E. H. Mullan, Passed Assistant Surgeon, U. S. Public Health Service, says of this new field to which the medical profession by nature of its true service, has been called to act as authority:

"It is safe to say that no State Legislature, city council, or legislative body of any kind, will pass laws or ordinances concerning the segregation, commitment, schooling, or marriage of the feeble-minded without the advice and guidance of the medical profession.

"Many physicians acting in the capacity of school examiners, no matter how they may dislike the task, will be compelled to give their opinion as to whether or not certain pupils are mentally defective. The disposition of

these cases—that is, whether they shall be placed in special classes or separate institutions—will depend largely upon the medical examiner's judgment.

"The physician will be called in to decide as to whether a given individual is to be committed to a home for the feeble-minded or to some other institution for the sick. The commitment of individuals, especially in juvenile cases, to penal institutions may rest upon the testimony or diagnosis of the physician. He will be consulted as to the feasibility of sending mentally defective patients to places for definite training. He will in many cases be consulted, as a first step, by parents and guardians when backward children are being taken to the specialist. No matter how disagreeable the work may be, nor how hard he may fight against it, he will nevertheless be called in, as a final reviewing authority, in practically all cases of mental deficiency."

Dr. Mullan urges upon the physicians in making the diagnosis of feeble mindedness the necessity of knowing the individual case as well as the particular group. He says that there is no one list of symptoms or signs that will fit every case, nor is there one mold into which any particular group will fit. Just as every normal person has his own peculiarities and every insane person his own definite attitude, so it is with the feeble minded. They are all different one from another. He says that every suspected case should be considered from many angles before a final diagnosis is made, and that in all cases, a thorough physical as well as mental examination should be made. Of the things that should be taken into consideration, he mentions the patient's conduct and peculiarities, family history, history of past diseases, developmental period, school life, employment, opportunities, general environment, age, sex and race.

The physician, according to Dr. Mullan, is the man best fitted for the task. He says his knowledge of the main features of normality, deficiency, dementia and perversion will serve him

in making a correct diagnosis, also that his knowledge of normal mental capacity and normal emotional reaction will be of service. But he advises the use of numerous test systems. The Binet-Simon system, the one most commonly used, is not sufficient in itself. He recommends the physician's own tests, particularly suited to the case but only those well tried out first on normals.

TOO LONG A TIME

Sir William Osler, the famous English doctor, who has just gone to the front with the McGill university base hospital, tells the following amusing story to prove the importance of medical men being very explicit in their directions to their patients:

A young foreigner who consulted a doctor about his health was advised by the medico "to drink hot water an hour before breakfast every morning."

The patient went away promising to do as he was told, but a few days later he returned and complained that he felt much worse.

"That's curious!" said the doctor, "did you do as I told you and drink that water an hour before breakfast every morning?"

"I did my best, sir," was the reply: "but I couldn't keep it up for more than ten minutes at a time!"—*Pearson's*.

WHY SHOULD YOU WORRY?

Why worry about heredity? Take what you have inherited into your own hands and under your own will shape it into what you would have it to be. If you have inherited a weak body, by right living you can strengthen it; if you have inherited weak lungs, you can make them strong by keeping them filled with fresh air day and night; if you have inherited any predisposition to any disease or weakness, you can overcome this tendency by cultivating good habits, especially those counteracting the weak tendencies. Why worry?



CHILD HYGIENE



TRAGIC LOSS OF LIFE

The Lusitania Lost 150 Babies While
North Carolina Lost 2,000
Last Summer

ONE of the saddest features of the sinking of the Lusitania was the loss of the babies—150 or more. Doubtless everything possible under the circumstances was done to save these little ones! Passengers and crew stripped themselves of their own life belts and put them around the babies, but to little avail. Not a dozen were saved.

Papers throughout the State and country have featured this "tragic loss of baby lives" with great pathos. It was pathetic. It was deplorable. Mothers' hearts were torn with grief while their arms ached with emptiness. This loss of infant life has appealed with especial tenderness and sympathy to thousands and thousands of newspaper readers.

This was death spectacular! The incidents connected with it were thrilling and historical. But will the 2,000 or more deaths of North Carolina babies be any less sad this summer? The facts connected with them will not be as thrilling perhaps, but they will be more regrettable because they will have been to a great extent preventable. Because babies sicken and die by the wholesale for lack of proper feeding and care, there seems to be no wide concern expressed or felt, but when a comparative few die by accident or are killed spectacularly, it becomes a national concern and regret. In one summer in North Carolina flies, in connection with open-backed privies


and unscreened windows, kill perhaps ten times as many as perished with the Lusitania, when torpedoed by the Germans. Why not declare war on flies, open-back privies and lethargy that will not even screen windows? Flies are still allowed to enter the house, crawl on the food and on baby's face and playthings. They have not as yet been declared enemies in the full sense of the word, nor treated as such. By many people they are not even regarded as dangerous.

No intention is meant here to minimize the baby disaster of the Lusitania. It was sad. But what is meant is to get the right perspective of the elements of tragedy in each and their relative values. We want to make it felt that a baby's death is deplorable at any time and under all circumstances. Furthermore we want people to feel that when a baby dies from a preventable cause or disease that it is more than spectacular, that it is more than regrettable. It is a disgrace.

It is a disgrace to North Carolina that she sacrifices 2,000 or more little innocent lives every summer to flies, indifference and ignorance. It should be a most stinging reproach that we are at the foot of the list of all the registration states in regard to the healthfulness of babies. North Carolina's baby death rate from diarrhoeal diseases is 114 per 100,000 while Pennsylvania comes second with 106. According to the law of averages, a North Carolina mother does not have one-fifth the chances of raising her children that the Washington mother has. In other words North Carolina's baby death rate is over five times greater than that of the State of Washington.

FLIES VS. BABIES

Results of an Experiment on Health in a Fly Section and a Flyless Section.

AST year in New York City, a study of 400 families, in each of which there was an infant under one year of age, was made to know the effects of cleanliness on infant mortality. Three tenement districts noted for their high baby death rate were chosen. Trained nurses gave general hygienic instruction to all the mothers but in one-half of the districts special emphasis was laid on protection against flies. The mother was taught the danger of flies and was urged to keep netting over the baby when on the bed, in the cradle or in the go-cart. For this purpose over a thousand yards of netting was distributed. Large quantities of fly paper and literature on flies were also distributed.

When the summer was over and all the data was in, the results were found to be these:

Infants in *dirty* homes had nearly twice, or 1.8 times, as many attacks of diarrhoea as infants in clean homes.

Infants *not protected against flies* had nearly twice, or 1.9 times, as many attacks of diarrhoea as infants who were protected against flies by netting and in other ways.

Infants fed on the *bottle* had more than twice, or 2.4 times, as many attacks of diarrhoea as breast-fed infants.

The above striking facts and figures are sufficient for every mother to know that if she would protect her child against infant diarrhoea, or summer complaint as it is called, she must be especially watchful at these three points. The baby must be brought up in clean surroundings; it must be protected against the filthy fly, and it must be breast-fed.

TO PREVENT YOUR BABY FROM HAVING "SUMMER COMPLAINT"

Keep the baby clean and cool by frequent bathing in tepid water, and give it plenty of cool boiled water to drink. Give considerable time and pains to this, for it probably will do away with the necessity of giving all of your time, plus a great deal of anxiety, to the sick baby. All too frequently babies do not have enough water to drink. and cry and are sick because of thirst. If the infant is fed at the breast, the mother should take the very best care of herself. She, too, should keep clean, cool and quiet. If the mother is worried, overheated, nervous, feverish, or exhausted with work, her milk is unfit food, and if given to the baby there will be two sick instead of one.

If the baby is fed artificially be sure to use only a plain bottle with a plain rubber nipple. Keep it clean and sweet with scalding water and ordinary baking soda. Do not use feeding bottles with long rubber tubes unless you wish to invite indigestion, bowel trouble, and perhaps death. The milk should be from healthy cows, collected with scrupulous cleanliness, cooled, if possible, in ice water immediately after it is taken from the animal, and kept covered in a cool place. Dirty cows, dirty barnyards, dirty hands, dirty cellars and dirty refrigerators kill more babies every summer than any other cause. The battle cry against "summer complaint" is cleanliness, cleanliness, cleanliness.

Babies need water to drink as much as adults. Give them water, but be sure to boil and cool it beforehand. Don't trust your well, especially if it is a dug well, for ten to one it is polluted. Take the trouble to boil the water, the interest on the investment is very high.

Keep flies away from baby and away from baby's food. Flies carry "sum-

mer complaint." They should never come in contact with baby itself, its food, or its playthings. Screen the baby's carriage when it sleeps in its carriage on the porch. Next to dirt the fly is the greatest murderer of young babies. Screen the baby against the fly.

STRONGER MOTHERS

We Must Take Better Care of Our Mothers to be if We Would Have Healthier Babies

In a study of infant mortality made by Dr. Holt from the records of the Sloan Maternity hospital of the babies that die before reaching one year of age he found that 13 per cent die on the first day of life, 22 per cent die in the first week, 28 per cent die in the first fortnight, and 33 per cent die in the first month.

What can be done to prevent babies from being born with too little strength and vitality to live? In the opinion of Dr. Holt the necessity is that mothers should have an easier time just before and just after the birth. They should have better food and more of it. They should be spared the necessity of working and worrying during the last two weeks, and, better still, during the last month. They should have more time to sleep. One answer to the question would be: Provide better care, better nourishment, and better rest for women during the last month of pregnancy and the first month after confinement.

Breast-fed babies sometimes have digestive disturbances because the mother is sick or tired and her milk is poor. Several of the causes which weaken the mother are improper food, irregular meals, lack of rest and sleep, too frequent or too prolonged nursing. Nursing mothers should keep themselves well by eating at regular hours three plain, well-cooked meals a day, and they should drink water between

meals. They should nurse the baby at regular intervals. The mother should also see that her digestive tract is healthy and doing its work regularly. Large quantities of tea, coffee or beer do not improve the quality of the mother's milk and may be injurious to the baby. If the mother keeps well it helps to keep the baby well. —*New York Health Department.*

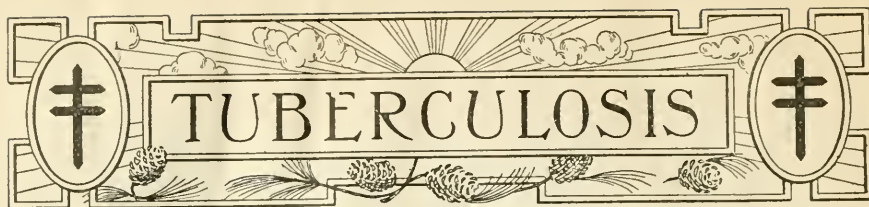
FLYLETTES

1. Kill the fly or he may kill you.
2. Don't allow garbage, manure or rubbish to accumulate on your premises or near it.
3. Don't buy foodstuffs where flies are tolerated.
4. Don't eat in a place where flies are tolerated.
5. Keep a fly trap and a fly swatter working all day, every day from the appearance of the first fly to the disappearance of the last one.
6. Screen every door and window; put them up early and keep them up until the cold weather is well settled.
7. Get into the fly crusade yourself and get your children into it.
8. Remember, no breeding places, no flies.
9. The only good fly is the dead fly; help us make him a good one.
10. This fight is not only for you and your child, but for your neighbor and his child; enlist now.

THE STORY OF MY LIFE.

Written by a Mentally Deficient Girl of Fourteen Trying to Do Third Grade Primary Work in a Boston School.

I am a girl who would like to have more brans then I have got because a branns is a very good then to have to work by and to see by and to hear by. Some pepoles have a very good brans and some pepoles have very sleepy brans indeed but I would like a smart brans. I would not like to have the brans that I have got any longer.



TUBERCULOSIS POINTERS

Know thine enemies—know tuberculosis.

Knowledge of tuberculosis is the most potent factor in its prevention.

Tuberculosis is a germ disease—therefore it is “catching.”

Twenty-five hundred tuberculosis germs placed end to end would be less than one inch in length.

Tuberculosis is not inherited.

Children of tuberculous parents may, and they quite often do, develop tuberculosis, not through inheritance of the disease, but through inherited or acquired lack of vitality, and especially when this deficiency is combined with improper sanitary surroundings and frequent and long continued intimate contact with cases of the disease.

Tuberculosis may follow a protracted “cold,” “grip,” pneumonia or other exhausting disease—because such affections may produce “run-down systems” to such an extent that the patient cannot resist development of the germs of tuberculosis when taken into their bodies.

Tuberculosis germs are everywhere; practically all of us breathe them in much of the time. If our bodies are healthy and our powers of resistance are good, the germs will not gain a foothold in our bodies.

In the United States tuberculosis kills more people than any other disease.

One death every 2½ minutes is the record of tuberculosis in this country.

In a single year tuberculosis kills more of our people than have been killed by yellow fever in the last one hundred and fifty years.

When the people develop a fear of tuberculosis equal to their fear of yellow fever, tuberculosis will be stamped out quite as effectively as yellow fever has been stamped out.

Tuberculosis kills three times as many Americans each year as were killed in both armies during our Civil War. In view of what General Sherman said about war, we wonder how he would characterize tuberculosis.

Tuberculosis kills oftenest at the most useful period of man's life. More die between the ages of 30 and 35 than any other 5-year age period.

A larger proportion of men than women die from this disease.

Unfortunately married men are victims oftener than single men; unfortunately because of the family suffering entailed.

There are approximately 15,000 cases of tuberculosis in North Carolina today.

Tuberculosis is very common among persons employed in the dusty trades. Nearly all metal polishers, stove polishers, the majority of cigar-makers and typographers die from lung disease.


Tuberculosis can be avoided.

TUBERCULOSIS

Undermines the family,
Brings sorrow,
Empties the purse,
Reduces to poverty,
Comes to the careless,
Unfits for work,
Limits life,
Orphans children,
Scoffs at drugs,
Isolates from friends,
Scores thousands of deaths yearly in
North Carolina.

TUBERCULAR TRAVELERS.

The Public Should Be Protected Through Sanitary Measures.

HE sanitation of railway coaches and the precautions observed by consumptives while in transit should receive particular attention. The average consumptive exercises no precautionary measures. The care given cars at terminals has an important bearing upon the health situation, and the necessity for the greatest thoroughness in the sanitation of cars at resort terminals can not be too strongly emphasized. Means for regulating the evil of traveling consumptives should also be considered. Hospital cars, segregation, quarantine, and other schemes, are shown to be impracticable. The public must, therefore, look to reasonable sanitary measures for protection.

Dust, confinement, altitude, and parting from friends, are declared to be often detrimental to tubercular patients, especially to those in the later stages of the disease. Cases of this nature should invariably be guided by professional advice. Accompaniment by relations or friends wherever possible is urged.

Marked antagonism has developed in many cities toward tuberculosis sufferers. Great difficulty is at times encountered in securing hotel accommodations and boarding places. Even hospital care is occasionally denied to those amply supplied with funds. Part

of this feeling rightly is due to objectionable conduct on the part of consumptives themselves, and a part is also due to an ignorant fear of the disease and the possibility of its contraction. Much of the latter is unreasonable and unjust. Even in towns largely composed of the invalid class this feeling is sometimes manifested. In some cities, at least, it is due to a determined effort to rid the community of the presence of invalids.

The charity organizations of the re-

resort cities have claimed that hundreds of consumptives have become a burden upon their communities. Many invalids are forwarded by churches, lodges, and unions, from other States. These people are soon obliged to seek charitable relief. Work is often unobtainable, and competition is so keen that consumptives have little opportunity of obtaining lucrative employment.

All prospective health seekers are warned of the difficulties they are com-

pelled to encounter, and all who are not sufficiently provided with funds are advised to remain at home. No invalid should venture forth unless he has sufficient money to last at least six months. The chances of recovery are greatly lessened when poverty exists.

Take exercise. Take daily exercise. Have a hobby that gets you out of doors. Walk to your business, to your dressmaker's, walk for the sake of walking.

SYMPTOMS OF TUBERCULOSIS

A hemorrhage from the lungs means tuberculosis without exception.

A subnormal temperature (by the thermometer) in the morning and an afternoon rise of temperature means tuberculosis 99 times in 100, and the other time too, unless it can be accounted for otherwise by a doctor.

A low blood pressure, taken with a proper instrument, is suggestive of tuberculosis.

A cough that lasts more than three weeks should suggest tuberculosis, and make you seek an examination by a competent physician.

The tubercle bacillus in the sputum is a positive sign of tuberculosis, but the diagnosis should be made long before this can be found.

Your chance for recovery depends on an early diagnosis.

TWO CHILDREN, THE GENERAL ASSEMBLY, AND A DOCTOR

Up in the western part of the State a man advertises that he wants somebody to adopt his two little children to save them from tuberculosis infection. The mother has been down with the dread disease for several months; most of the father's time is required to wait upon her, and the innocent, bright-eyed tots are exposed to the plague all the time.

In the State Capitol a body of men gathered this year to enact laws for the benefit of those who sent them there. For two months they argued over big questions, passed hundreds of laws which, so far as the general welfare of humanity is concerned, may as well not have been written, and finally adjourned to return to their constituents with the firm conviction that they performed their duty.

Over at Montrose is the State Sanatorium for Tuberculosis. At its head is a fellow named McBrayer, a doctor who specializes in tubercular diseases and who has done much to awaken his countrymen to danger which confronts them in this scourge. Early and late he has gone to and fro in the land telling the people how to recognize, how to avoid, and how to cure the disease. He is curing patients right along up there at Montrose—but he is sadly handicapped. He went before the General Assembly to ask appropriations for his work, and they allowed him something, but certainly not enough.

The poor fellow who wants someone to save his children would have been saved his anxiety had a previous General Assembly acceded to Dr. McBrayer's plea for sufficient money to equip his sanatorium. Had the doctor's advice been followed, it is probable that the stricken mother would now be strong and healthy, a joy to her husband, and a tender, loving, careful guide to the children who now face

the alternative of going to live with strangers or dying of consumption.—*Dunn Dispatch.*


WHAT ALCOHOL DOES AS A SLOW POISON

It is true that alcohol does not kill at once, and 'tis a pity that it doesn't. If it did, sane people would leave it alone. If it did, there would be fewer orphans and widows. If alcohol killed instantly, there would be fewer red-light districts and vice commissions. If alcohol killed at once, there would be less need of our tubercular sanatoriums, orphan homes, poorhouses, workhouses and jails. The trouble is that alcohol is too slow in its killing. It is not satisfied in destroying the body, it insists on first killing the soul, the drinker, it must blast the life of those nearest and dearest to him; it must rob youth of its birthright, middle age of its manhood, and old age of its hope. Not satisfied with killing alone, it must first crush innocence with burdens which God never intended should be borne. The material, the dollar-and-cent burden, cannot be separated from the attendant immorality of the drunkard, and the poisonous virus of the latter drops on the bearer of the burden, who distributes it throughout the community, where its infection breeds misery and want among the innocent and helpless. This is the curse of alcohol.—*Scientific Temperance Journal.*

To make the most of dull hours, to make the most of dull people, to like a poor jest better than none, to wear the threadbare coat like a gentleman, to be outvoted with a smile, to hitch your wagon to the old horse if no star is handy—that is wholesome philosophy.—*Bliss Perry.*

DISEASES OF ADULT LIFE.

Excesses Responsible for Increase of Later Life Diseases.

ANITATION has achieved brilliant results in decreasing the diseases due to germs which for the most part affect children and young people, and the death rates among young people have notably diminished. It is time that attention was turned to the diseases of later life, which are actually on the increase among us.

In England and Wales the death rates at all ages are decreasing. In the United States they are decreasing at ages under forty-five, but rapidly increasing at ages over forty-five.

The diseases of later life are for the most part not germ diseases, but diseases due to the wearing out of the body, and particularly to the wearing out of the heart, blood vessels, and kidneys. It is probable that the stress and strain of modern life has much to do with the increase of these diseases, but the fact remains that such an increase is going on, and that it can be checked by observing the laws of personal hygiene.

The breakdown of the body machine before the attainment of normal old age is generally due to excesses of some kind, to too little air and too little exercise, too much work and too much food.

The body needs plenty of fresh air to keep it in good condition. People who live much out of doors and who sleep out of doors or with their windows open, suffer much less from disease than those who shut themselves up in close, hot rooms.

The body needs physical exercise to keep it in good condition. Half an hour's vigorous physical exercise each day will tone up the lungs and heart and blood vessels as nothing else can do. Exercise in the open air is the best kind of all.

Prolonged strain and worry kill many people before their time. It is not hard work that kills, but continuous work. Proper rest and recreation, however, between will enable a man to accomplish more and keep well. When the Leiss Optical Works, in Jena, changed from a nine-hour to an eight-hour day the employees accomplished more work in the short day than they had in the long day before.

Overeating is as bad as undereating. When overeating, and particularly the eating of too much meat, is combined with lack of exercise, the body may be half poisoned by products of decay from the intestines, and efficiency impaired and disease brought on.

Moderation is the key to health—moderation in work and play, in eating and drinking—moderation in all things. One should not wait until diseases of the heart and arteries have once developed, to think of these things. The formation of healthy habits of living in youth is the best way to prevent the diseases of middle life; but it is never too late to mend.

A DIRTY TOWN HEARD FROM

Recently the office of the State Board of Health has been fairly bombarded with letters of request and inquiry relative to the unsanitary conditions of that town: Writes one:

"There is no end to the dirt—in fact—every one in the town agrees it is the dirtiest town in the State, and it does not seem possible to get coöperation in the town to clean up and keep clean."

Another writes:

"The people here insist upon, or have, open privies. There are four in not more than seventy-five feet from our back door, also two stables and in our block as many as six hog pens. Of course there are not just hundreds of flies, but thousands. * * * Our town health officer does the best he can as he gets no backing. I don't

know a place that needs looking over worse than this town."

The first general impression of the above might be that it was done in the spirit of knocking, but when it is known that this town has the fifth highest death rate from typhoid fever of any town in the State and that it has five times as much typhoid fever as it is due to have if it had only as much as the average town in the United States, it is readily seen that these citizens have some kick coming.

For this same town the death records show that it had twenty deaths from tuberculosis. This means that it has at least a hundred cases in the town all the time, or an annual cost of \$100,000. This amount, of course, does

not include the twenty lives lost which represent a value of \$60,000. Is it any wonder the citizens are up in arms? Yet the county in which this is the largest town, not long ago voted down the proposition of a whole time county health officer. The grounds on which this was done was poverty—lack of sufficient means to pay a good man for giving his whole time to stamping out disease and keeping the people well. The cost of tuberculosis alone in that town would pay fifty-three whole-time health officers a salary of \$3,000 annually; or the cost of the typhoid fever cases and deaths for last year would pay the salary of a health officer over sixteen times.



Nursing Staff of the State Sanatorium for the Treatment of Tuberculosis



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No. 5

Signs of Tuberculosis

WHAT EVERYBODY SHOULD KNOW ABOUT THE SYMPTOMS OF THE GREAT WHITE PLAGUE

Your chances for recovery depend upon an early diagnosis. The later in its course the disease is found the less chance there is for recovery.

A hemorrhage from the lungs means tuberculosis without exception.

A subnormal temperature (by the thermometer) in the morning and an afternoon rise of temperature means tuberculosis 99 times in 100, and the other time too, unless it can be accounted for otherwise by a doctor.

A low blood pressure, taken with a proper instrument, is suggestive of tuberculosis.

A cough that lasts more than three weeks should suggest tuberculosis, and make you seek an examination by a competent physician.

The tubercle bacillus in the sputum is a positive sign of tuberculosis, but the diagnosis should be made long before this can be found.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

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| <p>No. 12. Residential Sewage Disposal Plants.
 No. 14. Hookworm Disease.
 No. 19. Compilation of Public Health Laws of North Carolina.
 No. 23. The Vital Statistics Law.
 No. 25. Typhoid Fever Leaflet.
 No. 27. The Whole-Time County Health Officer.
 No. 29. Rules and Regulations for County Boards of Health.
 No. 30. Measles.
 No. 31. Whooping Cough.
 No. 32. Diphtheria.
 No. 33. Scarlet Fever.
 Anti-Spitting Placards (5 inches by 7 inches).
 No. 37. Cancer.
 No. 39. Tuberculosis Leaflet.
 Anti-Fly Placards (14 inches by 22 inches).
 Anti-Typhoid Placards (14 inches by 22 inches).</p> | <p>Anti-Tuberculosis Placards (14 inches by 22 inches).
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 No. 48. Fly Leaflet.
 No. 49. Typhoid Leaflet.
 No. 50. Baby Leaflet.
 No. 51. Rules and Regulations of County Boards of Health.
 No. 52. Malaria and What Everybody Should Know About It.
 No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough.
 No. 54. Disinfection After Scarlet Fever.
 No. 56. Tuberculosis Leaflet No. 2.</p> |
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THE Health Bulletin



PUBLISHED BY THE NORTH CAROLINA STATE BOARD OF HEALTH

Vol. XXX

AUGUST, 1915

No. 5

EDITORIAL BREVITIES

It's not too late to screen the house.
Do it now.

Now's the time to take the anti-typhoid treatment.

"It is a more blessed mission to prevent than to cure."

The only disease a respectable man should die of is old age.

There are thousands of children in our graveyards who ought to be in our schools.

Don't waste money for patent medicines and advertised "cure-alls." They are of value only to those who sell them.

It is better to suspect tuberculosis where it does not exist rather than to delay treatment until the outlook is hopeless.

Many communities are spending thousands of dollars for the protection of cattle, but spend very little for the protection of human life.

Don't expectorate on any sidewalk, street car or on any floor. It is a detestable habit and breeds disease; it is also against the law.

Most persons have only themselves to blame for getting sick. The most deplorable causes of illness are ignorance, carelessness, and accidents.

You don't need to apologize for all your flies when your friends and neighbors drop in to see you. They know as well as you do where they come from.

Put your screens up in April, never later than May 1st, and leave them on your windows until November or December, when the heavy frosts set in.

Sleep one-third of your life? Loss of sleep is as wearing as loss of food. Sleep is the treasure house of youth, and in old age it must be the margin on which one will have to draw.

No disease in these modern days is more insidious than tuberculosis. And yet if it is recognized early enough it is curable. It is not the modern-day leprosy, as some have termed it.

Keep cool, by avoiding heat-producing foods, by drinking abundance of water, keeping bowels working freely, by dressing lightly, by living in the open air, and by not worrying, fretting, getting cross, or annoying others.

Had your vacation? If the boss don't see his way clear to give you a whole month's vacation at a time or even two weeks, take a day off now and then for fishing, hunting, resting, or for some other hobby you may have, just for a change. You'll really enjoy it as much or more to take it spread out than an overdose once a year.

"SUPERFLUOUS HAIRS"

One Who's Been There Knows

HERE is an amusing sample of a usually pathetic type of letter that continues to pour into the office of the Board:

Will you please publish this little article of warning about that dangerous preparation that we find advertised in nearly all of our papers? An advertisement of it has been running in one of our best county papers for ever so long. When I ask them to publish anything against it they say, "Of course it is extremely dangerous, but we can't afford to say anything against an individual enterprise." And they continue to advertise the drug.

A WARNING TO THOSE AFFLICTED WITH SUPERFLUOUS HAIR.

"Beware of any drug that offers to remove superfluous hair. It is a fake and not only fails to permanently remove it, but even one application will make it a great deal worse. It does burn the hair from the surface of the skin, but it grows out thicker and coarser than ever in a few days.

"You will see in a good many magazines a statement of this kind: 'Use ammonia and peroxide for superfluous hair.' Don't do it. That only makes matters worse. If you are afflicted with coarse hairs on the face the only thing to do is to see an expert electrolysis. Be sure of your man's work before you allow him to touch the hairs. If they are soft and fine don't tamper with them. Miss C. G.

"P. S.—I had rather you would not use my name."

In self-defense we may say that this Board has already published facts about so-called Hair Removers and even given analyses of some, together with a lot of other information about the "eternal no-accountedness" of patent medicines generally. From a public health point of view, however, we do not consider the crime of enticing a few beauty dollars from spinsters' pockets for the privilege of dissolving their "soft and fine" facial fuzz (to be replaced a little later with sure-enough whiskers), to be as great a crime as willfully deceiving and filching the

last hard-earned dollars from the pockets of the poor, the weak, the sick, and dying in exchange, not for life and health or loaves and fishes, but for stones and serpents that drag them on down into an open, yawning grave all the faster.

Such is the story of patent medicines generally. We are glad a lot of people are getting their experience with such patent medicines as do them no more harm than replace whiskers for fuzz. Learn your lesson and be thankful the experience cost you no more. If you are really sick, see a physician. Place your case fully in his hands. Put it up to him. That's his business—not yours. Finally, stop pouring drugs of which you know nothing into bodies of which you know less.

RESOLUTIONS OF APPRECIATION

A Resolution of the North Carolina State Board of Health on the Retirement of Dr. A. A. Kent as a Member of the Board

WHEREAS, it became necessary under the laws of North Carolina, prohibiting the holding of dual State offices, for Dr. A. A. Kent, on his election to the General Assembly of North Carolina, to retire as a member of the North Carolina State Board of Health; and

WHEREAS, the loss of Dr. Kent's counsel to the Board has become the gain of Dr. Kent's counsel to the State; therefore be it

Resolved, that the North Carolina State Board of Health do hereby officially record their appreciation of Dr. Kent's past services as a member of this Board and their appreciation of his able, untiring and successful work in the General Assembly of 1915 in the interests of public health in particular and the State in general.

You ought to live until you die.

THE WHOLE TRUTH

The matter of concealing unfavorable health facts or death rates is a short-sighted policy. We occasionally hear some one say that to publish the death rate or tell the health facts concerning any particular community would "kill business." Well, granted that it would "kill business," is it not better that business be killed than that our citizens be killed?

Connivance on the part of public officials to conceal such conditions is the surest guarantee of their reaching the public ultimately. The worst of this feature is that while such secrets will leak out in spite of everything that officials may do, it is inevitably found that when such truths are finally brought to light the stranger is disposed to regard conditions as much worse than they really are.

There is absolutely nothing to be gained by trying to conceal from the public the true death rates or health facts, but on the other hand there is much to lose by such action. It is much better for everybody concerned that everybody should know the truth, be it good or bad, about the health conditions of their city or town. When we recognize and face the facts, then we can and will set about in an intelligent fashion to remedy the conditions, and not until then. Neglecting or refusing to recognize our true condition of affairs is deliberately laying a snare for ourselves.

Keep the baby cool. Feed him the way Nature intended until he is ten months old. Keep every fly away from him. Give him plenty of cooled boiled water, not ice cold, but cool. Feed him regularly and call in a physician if any real question arises about his health or safety.

A great many of you are dead now—you're dead in parts.

WET RELIGIOUS PAPERS

Should the Religious Press Aid and Abet in Selling Patent Medicines and Other Narcotics?

By DR. J. T. J. BATTLE, Greensboro, N. C.

It is a matter of serious regret that so many denominational papers should continue to advertise nostrums of every description. Practically all the secular magazines have discontinued them, and many have started crusades against their sale.

Practically every religious periodical is owned or edited by ministers. Not one of these would publicly recommend the taking of the patent medicines advertised in the papers they manage, nor could they be bought to do so; yet they are carrying their advertisements because of the money in them. In many families the religious paper is read even more religiously than the Bible itself: the editors undoubtedly want the people to believe what they have said along religious lines, but do not want them to believe what is said in their advertisements. This is what might be termed left-handed religion.

Many patent medicines are made from worthless ingredients, and have no effect; others contain habit-forming drugs, for the purpose of continuing the sale; others are really harmful. Fakers know that the columns of religious papers are regarded by many as more or less sacred. Before subsidizing their space editors of religious papers should consider that they are responsible for making dope fiends out of some of their subscribers when their real object is to make them better church members.

"Grandmaw Pash says there's too much tomfoolery mixed up in the raisin' o' children nowadays. She ought to know, she lost eleven."—*Abe Martin.*

READS LIKE PATENT MEDICINE TESTIMONIAL

Enthusiasm is not to be provoked as easily over warding off disease as it is over snatching some one out of the grave.

In the first place we only conjecture what might have happened and don't really see the yawning grave as in the second case. But health work and the services of the State Board of Health are becoming to be more generally understood, accepted and appreciated by the people as a whole, and more and more are we receiving expressions of personal appreciation, as the following letter, for instance:

*State Board of Health,
Raleigh, N. C.*

GENTLEMEN:—I write to show you my appreciation for your Health Bulletins. I have been in the mercantile business for the past fifteen years. Ten years ago I lost my health and tried three doctors and all kinds of patent medicines, and the more medicine I took the worse I got. I had about given up all hope of ever getting better until about one year ago I began to read your Health Bulletin and live according to its instructions. I am in good health now. I have gained 28 pounds, so I thank you all for the good you have done me.

THE HEALTH BULLETIN ought to be in every home in North Carolina and be read, and the instructions followed. Then the doctors would have less to do and the patent medicine men would have to go out of business.

Yours truly,

One hundred thousand North Carolinians will be immunized against typhoid before the summer is over. This means preventing 5,000 cases of typhoid and 300 deaths. At \$200 per case and \$1,700 per death, it represents a saving to the State of \$1,510,000 for this one piece of health work.

Keep your body clean and don't forget your daily bath.

NAME THE BABY

The Bureau of Vital Statistics finds that it can not afford the expense of sending out return postal cards for babies' names. About eighty thousand birth certificates are received a year and the greater part of them are without a baby's given name. To get these names by sending out return postal cards to the parents will cost this office in postage and labor between sixteen hundred and two thousand dollars, which amount alone is about one-fifth of the annual appropriation.

The names of the babies are of no statistical value to the State, but are of great value to the children, as well as to the parents. In the future the parents will have to see that the names of their babies are properly recorded by giving the full name of the baby to the local registrar in the town or township in which the birth occurred. Supplemental certificates will be furnished by all local registrars so that all parents can be supplied with a certificate on which to report the name of the baby after the regular certificate has been sent in, if the baby's name was not given on the original certificate.

A proper record of each birth, with the baby's full name, is of so much importance to the child that we hope no parent will neglect to furnish the local registrar with this information as soon as it is possible for them to do so after the baby is named.

Last year in New York City the State Department of Health made a vigorous campaign to reduce the baby death rate during the hot months. Through infant welfare stations that were established, through exhibits at fairs and by means of the public press, mothers were taught how to care for their babies and how to guard them against disease. The result was that seven hundred baby lives, under one year of age, were saved. Was the campaign a success?



CHILD HYGIENE



A BABY SACRIFICE

Sickness a Punishment for Sin

(Contributed.)

NOT long ago there was taken away by a malignant contagious disease a little four-year-old boy, the youngest and first to die of a large family. In his death one saw how God now, as of old, brings death and sickness as a punishment for sin; in this case for the sins of others, for "neither had this child sinned, nor his parents" in a way to connect his sickness with any personal neglect. This father had been active in health work and had been most scrupulous in guarding the health of others committed to his care; but many had scoffed at precautions they deemed needless, had tried to avoid their responsibility for the welfare of others, had even been insolent when compelled to comply with necessary regulations, and for their corporate neglect a sacrifice was required. This little lamb was taken and those to whom he was so dear were the ones to suffer. No particular ones are to be blamed. The guilty are unknown, even to themselves. The sin punished was a community sin; the guilty are responsible just in so far as they shared more or less in the community sin.

Shall we say that it was the will of God, that it was better after all that he should be taken in his young innocence before being stained by the world's defilement, that God wishes the little ones to come to him while still pure? I think not. Would it be better for the young soldier to die of disease before the battle, rather than to run the risk of cowardly failure on the

battle line? We would hardly believe in the wisdom or love of God if through the pangs of birth He created a new life merely that it might die, or if He allowed the little one to grow into his mother's heart merely to snatch him away and take him for Himself.

We must look at things in a large way. God's plan is of vast extent. Many details He has left to us. Our sins and mistakes, sickness, disease and death He has chosen to permit for a time for the ultimate working out of His greater plans. He no more wills a needless death by disease than a needless death by murder. Either kind of death is the result of disobedience to His laws and "the wages of sin is death." Death may be the result of one's own sin, or the sacrifice demanded for the sins of many others, as when the murder of the Innocents heralded the coming of the Sinless One who laid down his life for the sins of the world.

No man dieth to himself. We are members of one body. The death or suffering of one member is indeed the will of God, but this can only be understood rightly if we consider the welfare of the whole body. The soldier shot down in the battle charge, the physician dying of yellow fever while proving by his death the truth of theories that later save thousands of lives, even those in our war with Spain who never saw the smoke of battle, but by their needless deaths showed the world how efficiency and exact science could conquer disease—all of these alike were martyrs who laid down their lives for country and

humanity, who died that others might live. And so this short earthly life was not wasted. His work was done. He with thousands of others gave his sweet young life to teach others the utter wickedness of ignorance and of ignorant prejudice, the wickedness of selfishly providing for our own welfare while neglecting the welfare of all others, and the folly of forgetting that the Divine doctrine of universal love embodies the highest earthly wisdom, since only by working for the health, happiness and welfare of others may we insure the same blessings for ourselves.

Death compels us to look into the realities of things, to see somewhat of the deep and hidden mysteries of God and to come nearer to a comprehension of His infinite purposes. Such a death as this leads one to greater effort to attain the Christ-like spirit, that, as He gave His life a ransom for many, so we, like the mother who cheerfully gives her son for his country, may learn to give our best that by the death of the Innocents we all may be aroused to greater efforts to carry out God's will for body as well as soul—that all men might be saved.

TIPPER DAIRY

It's a long way to cleanly dairies
 It's a long way to go;
 It's a long way to cleanly dairies
 To the safest milk we know!
 Farewell to old time methods
 Welcome to standards fair;
 It's a long, long way to cleanly dairies
 But our goal's right there!

—Chicago Health Poster.

Where flies are swarming around your door, there is a breeding place not far away. Remember! Where filth is found, flies abound. Ninety per cent of all flies are bred in stable manure and garbage cans.

BABYGRAMS

1. Nurse your baby. Ten babies die on the bottle to one on breast.

2. Nurse your baby by the clock. The new baby every two hours; the three-months baby every three hours. Nurse him only once at night.

3. Nurse your baby until he is ten months old. Then ask the doctor how to prepare milk. Do not wean him sooner unless the doctor says you must.

4. The bottles should be emptied and washed after each feeding, and stood on end. They should be boiled once a day.

5. Wash the nipples after each feeding and keep them in a covered cup of water into which you have put one-half teaspoonful of baking soda. Do not use an old nipple with a large hole; the milk chokes the baby.

6. Give the baby at least a tablespoonful of cool boiled water three times a day. He can have as much more as he will take. Never give him ice water.

7. Do not give your baby paregoric, soothing syrup, or any medicine unless the doctor tells you to.

8. Do not give him tea, coffee, or anything to eat or drink except breast milk. If he cries, see if he needs your care. Dry him and change his position, or give him water, but do not nurse him unless it is his feeding time.

9. Do not use a pacifier.

10. Give the baby a tub bath every day. Whenever you change the diaper, wash him. Use sweet oil if the skin looks red. Put the used diaper in a covered pail of water.

11. In hot weather, dress him in a clean shift, diaper and slip; and bathe him twice a day.

12. Give your baby fresh air night and day. Keep him out of doors every day. Keep fly netting over him. Do not let a fly touch your baby.

13. Do not expose your baby's eyes to the direct sunlight. If his eyes become reddened and discharge matter within a few days after birth, call your doctor at once; delay may mean blindness.

14. If the baby does not gain weight, if he vomits or has green movements, do not feed him, but send at once for the doctor.

15. If you can not afford to employ a doctor, send to the nearest police station for a physician to the poor.

RECOMMENDATIONS TO PRODUCERS OF MILK

The ten commandments for producing a clean, safe milk:

1. Clean, healthy cows kept in clean, light, well-ventilated stables.
 2. Stable so constructed as to be easily cleaned.
 3. A clean, well-drained barnyard.
 4. Clean utensils, thoroughly sterilized.
 5. Clean, healthy milkers that milk with dry hands.
 6. A small-top milking pail.
 7. Immediate cooling of the milk to 50° F. or lower.
 8. Storage of milk at a low temperature until delivered to the consumer in clean bottles.
 9. A clean separate house for handling the milk.
 10. An abundant supply of pure water to clean utensils. If in doubt as to the purity of the water, always boil it before washing or rinsing utensils.
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WOMAN'S CLUBS AND THE BULLETIN

"Your HEALTH BULLETIN is such a help to us in our Woman's Club here; we often use the articles in it for our programs, and I wish you could send copies to the following ladies, who will appreciate its value. * * *"

ABOUT WHOOPING COUGH

Whooping cough is probably carried only by direct contact. It develops gradually and seems at first to be only a slight cold.

The cough appears in about ten days or two weeks. One coughing spell may be followed immediately by another. Vomiting during spells is common.

The breathing apparatus becomes congested and the danger of pneumonia is great.

To prevent the spread of whooping cough, keep patient from contact with other children.

A good physician, fresh air, and nourishing food are reliable means of relief.

Whooping cough kills more than six thousand children in America every year.

CARE OF MILK BOTTLES AND UTENSILS

Milk bottles are made for milk and not to hold sundry other foods. As soon as the milk bottle is empty it should be rinsed with lukewarm water until it is clean and then set bottom side up to drain. Bottles should never be returned in a dirty or filthy condition. All utensils with which milk comes in contact should be rinsed, washed, and scalded every time they are used. When cleaning these utensils, do not wash them in dishwater or wipe with ordinary dish towels. First rinse them and then boil in clear water and set away unwiped. If the receptacles are hot, they will soon become dry without wiping.

There is no fireside, howsoe'er defended, but that the Great White Plague strikes somewhere at the group drawn about it.

If he has one tooth, give him one brush.



PUBLIC HEALTH AND SANITATION



1 DANGEROUS WATER

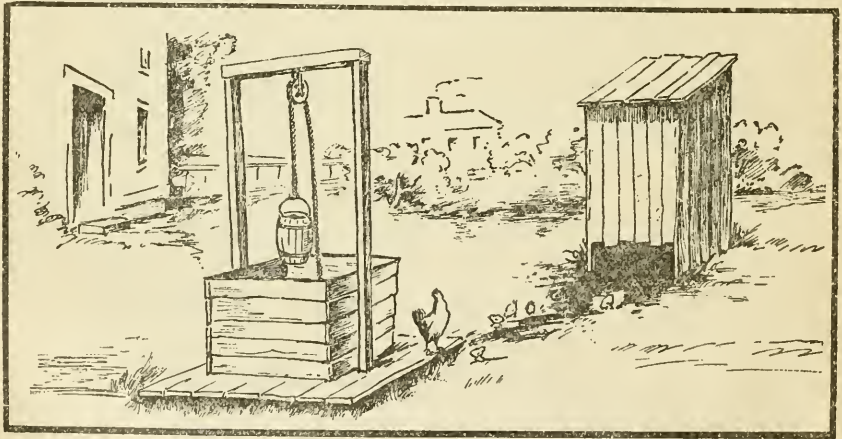
Why Open Wells Are so Frequently Polluted

THE accompanying cuts show where some of that "fine mineral flavor" of certain well waters comes from. Of course, the source of pollution may not be quite so evident in every case, but from the analyses of ordinary well waters by the State Laboratory of Hygiene we know that in the majority of cases it is somewhere

well or spring even for weeks afterward.

Besides the possibility of carrying fecal matter to the platform, it may be carried to some point near the well or even deposited too near the well in the first place from which it soaks into the well or is flushed into the open top by a rain or waste water from the well itself.

In the case of the open-top well there are many chances for carrying pollution direct to the chain, rope or bucket



Open top wells are always dangerous. Use closed wells with pumps and have the surface drainage away from the well

around. It may not be the chickens that track filth up onto the leaky platform, but it may be dogs, cats, pigs or even children or men and women themselves.

When considering the possibilities of contaminating a well, remember that a tiny amount of fecal matter from a typhoid patient or carrier perhaps no larger than a pin head may so pollute the water in an entire well or spring as to cause typhoid in the majority of the people who drink from such a

from the hands of persons, particularly servants who are careless in their personal habits and lately from a privy. Everyone should make it a rule to wash the hands after every visit to a toilet.

Occasionally in limestone regions or where the underlying rocks are cracked, loose or shaley, pollution may travel through cracks, seams or crevices in the rock for considerable distances, thereby polluting wells or springs at lower levels. This means of

well or spring pollution is comparatively rare in North Carolina as compared with the more self-evident means of washing the pollution directly into the top of the well or contaminating the bucket or chain.

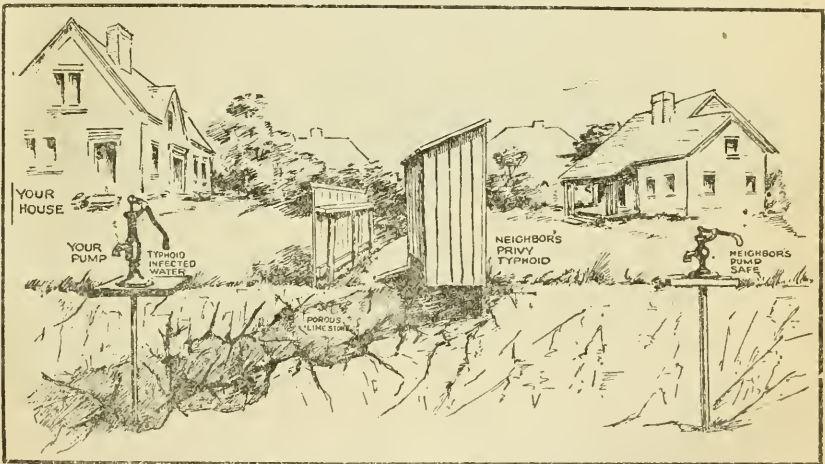
Just because a well goes through or into rock does not necessarily make it safe. The rocks may be seamy or have joints or cracks. These seams, joints or cracks may be vertically inclined or horizontal, and polluted water may readily flow through these cracks for long distances with little or no filtering or purifying action whatever. Sand is a much better material from which

2. Locate the well on higher ground than any possible sources of pollution within two to three hundred feet.

3. Be sure to locate your well so that the surface drainage is away from the top of the well. Never permit surface drainage from sources of pollution, such as privies or stables, to flow toward your well or spring.

4. Have the top of the well closed and cemented water tight. Use a pump, preferably an iron pump, instead of a bucket and chain.

5. Driven or drilled wells are usually safer than dug wells and in general the deeper the well the better. Dug



This will not happen if the privy is located not less than 200 to 300 feet from the well and on lower ground

to derive pure water. The finer the sand the better.

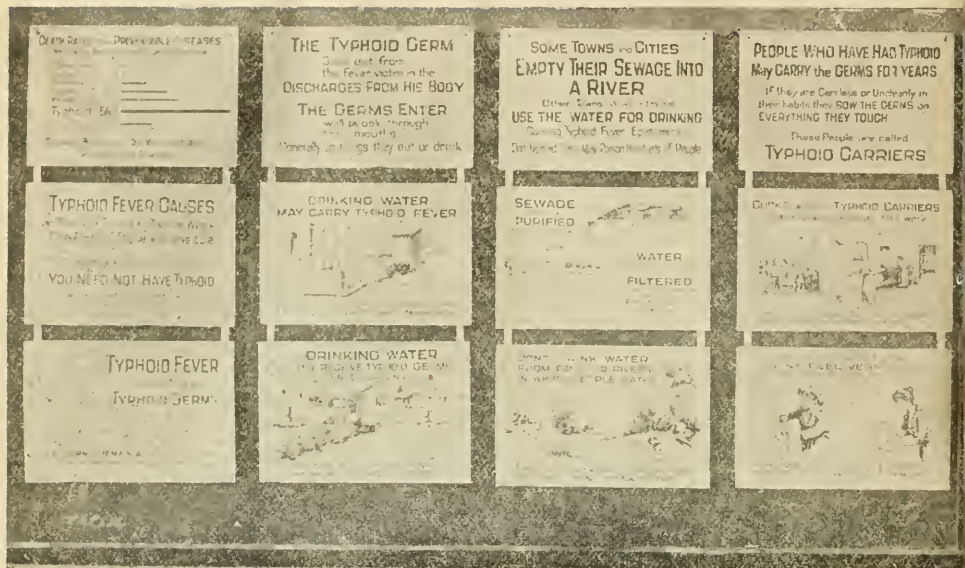
Good, pure water is but little harder to get than bad, dangerous water in most instances. By observing the following simple precautions there would be but very little disease in North Carolina due to impure well water.

1. In cities, use the public supply. It is analyzed monthly in the State Laboratory of Hygiene and a much closer watch is kept on its purity than on private supplies. In cities and towns where there are so many privies, stables, sewers and other sources of pollution at close range, private wells are never very safe.

wells should be walled up as nearly water-tight as possible. Terra cotta pipe and cement make a good wall.

6. Waste water troughs should be provided for the pump so that the waste water with the possible pollution it may receive does not again reach the well.

Never try to purify, revive or disinfect a well which has once become polluted. As a rule it is much better, safer and cheaper to locate a new well than to take chances on removing the sources of pollution from the old one and keeping it pure in the future. Once pollution has reached a well it is very likely to reach it again.



HEALTH HELPS FOR TEACHERS.

How the State Board of Health Can Co-operate With the Teachers of the State.

Teachers from all over the State are continually writing the State Board of Health asking how, and to what extent, can the Board help them in their work. To answer this question briefly is the object of this little leaflet.

HEALTH BULLETIN.

1. Every teacher in the State should receive the *Monthly Health Bulletin*. If those who do not already receive it will send in their names and addresses they will be placed on the mailing list, free of charge. Some county superintendents of schools send a complete list of the names of their teachers to the State Board of Health every year for this purpose.

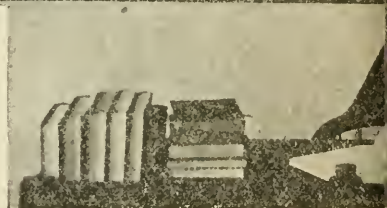
HEALTH LEAFLETS.

2. This Board will furnish to teachers or superintendents free, upon re-

quest, copies of all special bulletins or leaflets on various health subjects, either singly for their personal use or in quantities for distribution in their schools. The Board has now a number of four-page leaflets, written in a popular style and about the size of this leaflet, on the following subjects: Tuberculosis, Typhoid Fever, Flies, Privies, Care and Feeding of Babies, and Cancer. Other similar leaflets will appear from time to time. Such material is suitable for supplementary reading.

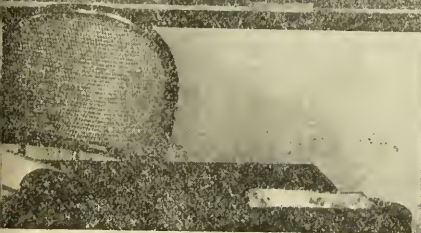
MALARIA BULLETIN.

3. A 16-page illustrated bulletin on mosquitoes and malaria, especially prepared for school use, will be found of considerable value in the eastern and piedmont sections of our State.



LIBIT ON TYPHOID FEVER

hool Room



HEALTH PLACARDS.

4. The Board will furnish also large illustrated placards in two colors, 14 inches by 22 inches, on Tuberculosis, Typhoid, and Flies. These are suitable for posting in public places.

LANTERN SLIDES AND LECTURES.

5. For schools, churches, clubs, moving picture theatres, health officers, physicians, and others desiring illustrated health lectures, sets of stereopticon lantern slides and lectures may be borrowed from this Board. These slides have been carefully chosen and arranged in sets of from 50 to 70 slides each, together with a written lecture which may be used as a guide, or outline, in part or in its entirety. Such sets of slides and corresponding lec-

tures have been prepared on the following subjects: Tuberculosis, Typhoid Fever, Flies, Effect of Alcohol on the Body, Patent Medicines, Health and Sanitation, Prevention of Blindness, and Eyes, Ears, Nose and Throat. Others will probably be added from time to time.

STEREOPTICON LANTERNS.

6. For those who desire to use some of the above sets of slides and lectures, but who do not have a stereopticon lantern available, this Board will loan a small acetylene gas lantern, which may be used in connection with a gas tank from an automobile. These lanterns, packed for shipment by parcel post, weigh about 20 pounds. An initial charge of 50 cents, plus 25 cents a week for the second and subsequent weeks, is made to pay in part for the postage, packing, and wear and tear on these lanterns. Directions for setting up and operating these lanterns accompany them. The operation of

the lantern is very simple, and no one should have any difficulty in setting it up or operating it, even though he has never operated such a lantern before or even though no directions were furnished.

SCHOOL EXHIBITS.

7. The Board has also a number of parcel post exhibits on Typhoid Fever which will be loaned to teachers, free of charge. These exhibits consist of 24 charts hinged together, in sets of three, as shown in the accompanying cut which was taken from a photograph of one of these exhibits in place in a school room. Whenever available these exhibits will be loaned to individual teachers for a period of not over three days, but preference will always be given county and city superintendents of schools who will arrange to have these exhibits sent from one school to another in regular order, so that the greatest possible number of schools may be served with a minimum loss of time and money. In this manner the only expense to each school will be from 16 to 26 cents for postage.

FLY CHARTS.

8. A limited number of sets of printed and illustrated cloth charts on the subject of the house fly will be loaned to any teacher, superintendent, physician, health officer or other person who will agree to show them or give at least one lecture from them. These charts are 63 inches wide by 70 inches high, and come in sets of 14, mounted on a bar which in turn is supported on an iron tripod. Accompanying the charts is a pointer and a printed lecture. The whole comes securely packed in a canvas case and weighs about 34 pounds. These charts have met with considerable favor wherever they have been used as they require no lantern and can be used well or better in day time than at night. In some places they are used at open-air meetings.

HEALTH TALKS.

9. In coöperation with the State Superintendent of Public Instruction this Board is preparing a bulletin for the use of the teachers of the State, either as a basis for three-minute morning health talks, as a supplement to the study of physiology, sanitation and hygiene, or otherwise as the teacher may elect. When completed, which will probably be some time in September, these bulletins will be available upon request from the State Superintendent of Public Instruction, or from the State Board of Health, Raleigh, N. C.

SPECIAL NOTICE.—The funds at the disposal of this Board will not permit our paying or prepaying express charges on literature sent or material loaned by this office. Only where material is sent by parcel post will this Board prepay transportation charges.

Borrowers of health material will be expected to take as good care of it while in their possession as they would if it were their personal property.

While the material loaned by the State Board of Health is loaned free of charge except as above provided in the case of stereopticon lanterns, any loss or damage to material loaned, beyond that incident to reasonable usage, will be assessed against the borrower.

It is expected that forwarding or shipping instructions given to borrowers will be followed explicitly. It is also expected that any other extra charges or expenses, such as telegrams, special deliveries, etc., will be met by those for whose benefit or on account of whose error or negligence the charges or expenses were incurred.

In writing for material be specific as to the kind, and quantity, and the time and place it is desired.

Summer Tonic—Fresh air, fresh food, fresh water.

QUESTIONS AND ANSWERS

What Everybody is Asking About the Anti-Typhoid Treatment

THE special physicians conducting anti-typhoid campaigns are asked innumerable questions about the anti-typhoid treatment. We can't give all in this BULLETIN because it has only 24 pages, and besides we have something else to say, but here is a sample of some of the questions asked our physicians a score or more times each day:

Q. Does it hurt?

A. Not nearly as much as pricking one's finger with a pin. Many do not feel it at all.

Q. Will it make me sick?

A. No, unless you are bilious, constipated, already sick or feeling badly, having chills and fever, or go out into the hot sun immediately following the treatment.

Q. Won't it make me feel badly even if I am well?

A. Not as a rule. Half the cases never notice it. A slight headache or dull feeling occurs in a few cases, but seldom enough to cause loss of time.

Q. Will it give me blood poisoning?

A. Of the hundreds of thousands of immunizations in our army, navy and elsewhere, we have never heard of any unfavorable results.

Q. How long will it protect me?

A. We don't know? At least three or four years; perhaps much longer.

Q. How many treatments are necessary?

A. Three.

Q. How often are they given?

A. Once a week.

Q. What does it cost?

A. It's free.

Q. Can I get the vaccine from the Laboratory myself?

A. No. Only through your physician or health officer.

Q. Will it protect me against typhoid absolutely?

A. No, not *absolutely*. It will probably afford you at least 95 per cent protection, perhaps more.

Q. Will it prevent malaria or any other disease?

A. No. It is a preventive for typhoid fever. Nothing else.

Q. I am afraid I am taking typhoid now. Will the treatment help me?

A. No. It is not a cure. It is a preventive. You should have taken it six weeks ago.

Q. I had typhoid once. Shall I take it?

A. Yes. It won't hurt you and it may do you a lot of good.

Q. I am having chills and fever. Shall I take it?

A. No. Thoroughly cure your malaria first.

Q. My boy has hookworms. Shall I let him take it?

A. No. Have him thoroughly treated for hookworms first.

Q. Shall I have my baby immunized?

A. The State Board of Health does not ordinarily recommend the treatment for children under four years of age except upon advice of the family physician.

Q. Have you taken it?

A. Yes; every one in the employ of the State Board of Health, from the janitor to the Secretary, has taken it.

Q. Shall I take it?

A. If you are absolutely positive you will not contract typhoid, no. Otherwise, YES!

HEY, YOU!

Don't waste any more of your time in writing us anonymous letters, nor our clerk's time in filing them in the waste basket. Play the game open and above board. Your confidence will be respected if you write us in confidence, but you must make known who you are. Otherwise our clerk's orders are to consign without reading all unsigned epistles in the janitor's care.

THE GARBAGE QUESTION



WHAT shall we do with our garbage and kitchen refuse? That is the question that occasionally comes from small cities and towns. For large cities and towns the answer is to establish an incinerator or reduction plant, but the answer for a small town is simpler and cheaper—bury it. That is all there is to it. A town of from 5,000 to 10,000 population can readily secure a lot of from five to ten acres comparatively close to the town, which will serve as a very satisfactory site for the burial of its garbage. To bury garbage, dig a trench from fifteen to twenty inches deep and three feet wide. Now as the garbage is dumped into this trench cover it with the earth dug from another trench near by, parallel to the first trench.

Ordinarily such garbage will decompose in the course of from one to two years without causing any sanitary objections in the vicinity of the disposal area. Burying may then be resumed over the original area. Furthermore, the material undergoing decomposition is not offensive from the point of odors. It is well, however, particularly in the summer time, to have such a disposal site located from one-third to one-half mile from any built-up portions of the town, as occasionally fly-infected material will be deposited in such trenches and the fly eggs, already laid in the manure or garbage, will, in all probability, hatch out. These newly-hatched flies will readily crawl up through the covering material and escape at the surface.

The haphazard methods, or utter absence of methods, in collecting garbage in many small towns is to be deplored. It is indeed a shiftless, indolent town that encourages or even tolerates a haphazard or partial removal of the garbage by colored boys with goat carts or similar equipment. Garbage should be collected at regular or stated inter-

vals and in an orderly and decent manner, and not in such a manner as to encourage the breeding of flies or other insects. The safety, health and comfort of our citizens is worth infinitely more than a little more avoirdupois on a few swill-fed hogs.

PROFIT AND LOSS

What It Costs and How It Pays to Run Anti-Typhoid Campaigns

The anti-typhoid campaigns are proving the biggest successful feature of health work ever undertaken by the State Board of Health. Approximately 26,000 people have been completely immunized (three full treatments) against the disease in five counties during the six weeks, beginning June 21. The campaign is now on in five other counties and it is probable that a similar number will be vaccinated there. After these campaigns close, a special post-season campaign will be held in two or three other counties.

From present indications the activity in these ten or twelve counties is stimulating interest in this matter in the remainder of the State to such an extent that as many other people are applying to their local physicians for immunization as are being immunized in these special counties. This will mean in round numbers 100,000 or more North Carolinians will have been immunized before the summer closes. This in turn will mean the preventing of from 600 to 1,000 cases of typhoid fever this year, and as many as sixty deaths—perhaps more.

WHAT IT MEANS

But the good results don't stop there. These 100,000 people are not only protected this year, but for several years to come. We know this protection lasts for three or four years, but we don't know for how much longer. In some cases it will probably

last a life-time, while in others but three or four years. At a very conservative estimate the direct results of the summer's work may be placed at 300 lives saved and 5,000 cases of typhoid prevented. At a cost of \$200 per case of typhoid and \$1,700 loss per life, this would mean a clear saving to our State of \$1,510,000. To effect this saving it will cost the State of North Carolina in health work about \$14,000. In other words over 100 to 1. Does health work pay? Rather, is there any other one thing for which the State spends money that produces such magnificent dividends?

LIQUOR AND THE DEATH RATE

Old John Barleycorn is developing a new enemy. It is the public health worker. The business of a health department is to prevent sickness, disease and death, and increase health, happiness and efficiency. Unfortunately there is no very good way of telling whether or not a health department is "onto its job" except by comparing the death rate before and after a given piece of health work. If a health department can show a lowered death rate from preventable or post-ponable diseases or maintain an already low death rate, all well and good. If not, something is wrong, either with the department or the co-operation it gets.

Recently health authorities have been sitting up and taking notice of the ravages wrought in the death rate by Old John Barleycorn. From no less a place than the Health Department of Little Old Wet New York comes the following:

EDUCATIONAL CAMPAIGN AGAINST INTEMPERANCE.

A committee has been organized to outline a definite program of educational work among all classes against intemperance. It is believed that diminution in the consumption of alcohol by the community would mean less

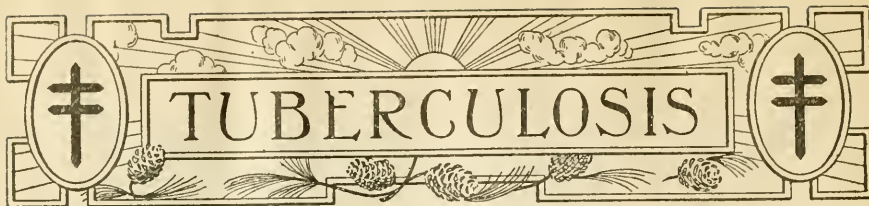
tuberculosis, less poverty, less dependency, less pressure on our hospitals, asylums, and jails. Intemperate drinking cuts into the support of the family. The drinking of parents weakens the vitality of children. Drinking mothers lose twice as many babies as do sober mothers. More alcoholism is found in the parents of feeble minded children than in the parents of normal children. The children of drinkers develop more slowly and do poorer school work than do the children of abstainers. Alcohol impairs the tone of the muscles and lessens the product of laborers; it depreciates the skill and endurance of artisans; it impairs memory, multiplies industrial accidents, causes chronic disease of the heart, liver, stomach and kidneys, increases the death-rate from pneumonia, and lessens natural immunity to infectious diseases. The abuse of alcohol, therefore, constitutes an important public health question, and it is clearly the duty of the Department of Health to lay the facts before the people.

TREATMENT FOR IVY POISONING

Nearly every household has its favorite remedy for treating Ivy poisoning. These remedies vary from lead acetate and gunpowder to clay mud and cream. To the various treatments for this ailment the following two may be added.

Procure a basin of hot water and a cake of strong, pure soap. Take a stiff brush and scrub the affected parts. Scrub until the vesicles are ruptured and until the skin is nearly rubbed off. Rinse in clean, hot water and dry with a soft towel. Then apply some ointment or vaseline. The earlier this treatment can be applied, the better. If possible a thorough washing or scrubbing of the parts touched by the ivy should be accomplished at once, immediately after contact with the ivy.

Another treatment for Ivy poisoning is to take a few ocean baths. This treatment, it is claimed, has proved successful where many other remedies have failed.



DETECTIVE WORK

Catching the Thief Before the Horse is Stolen

NYBODY," says Dr. Lawrason Brown of Saranac Lake, the well-known scientist and practical worker in tuberculosis, "can diagnose consumption in the late stages after the disease has progressed to the point where there is frequent coughing, much sputum, fever, sweats, and a flushed face; even a careless doctor will know it, but a diagnosis at that stage is not worth much to the sick man." The above statement is absolutely correct. Dr. Brown knows what he is talking about. Further, Dr. Brown says: "In my opinion, consumption should be diagnosed not only before there are bacilli in the sputum, but also before the physician can find any signs in the chest." He contends that whenever a person has been exposed to tuberculosis infection, especially in childhood, and who later passes through any debilitating experiences and then develops a little fever, has a little cough, tires easily, loses color and loses a little weight, a diagnosis of probable tuberculosis should be made, even though a physical examination shows no sign of consumption in the lungs and there is no bacilli in the sputum, if there is any sputum. This probability is increased if the person is ten pounds below the average weight for height and age and if he has a pulse that is a few beats, say ten, faster than the average. From this it is obvious that Dr. Brown puts the history and a general sizing up of the situation above all other factors in making a diagnosis of very early stage consumption. When we find bacilli in

the sputum, that sign comes rather late. The patient is probably doomed and it is further true that symptoms are a better and more accurate guide to activity than physical signs.

The following classification is not hard and fast. It is intended to be simply suggestive and helpful.


Early Tuberculosis. First Stage
Frequent colds. Dyspeptic symptoms. Loss of appetite. Loss in weight. Fatigue on slight exertion. Tired feeling. Not rested in the morning. Rapid pulse. Slight rise in temperature in the afternoon. Slight or much debilitation. Loss of color. Morning cough sometimes present. Tubercle bacilli absent in mouth, throat and nose mucus. Consumption should be diagnosed before bacilli appear in the sputum and before any signs appear in the chest. *Case is not early if even slight deviations from the normal are discovered by inspection, palpation and percussion.*

Moderately Advanced. Second Stage.
Partial, non-extensive consolidation, with moisture in the bronchial tubes throughout the infected area. No marked degree of emaciation, pallor, dyspnea or cyanosis. Slight flushing of cheeks may be present and moderate loss of weight. Asymmetry of upper portion of chest. Localized impairment of respiration. Rales of an explosive, crackling type and recognized at the end of inspiration following a cough. Tubercle bacilli present in sputum in small numbers.

Advanced Cases. Third Stage. Striking combination of physical signs. Emaciation, pallor, dyspnea, cyanosis present. Hands thin, cold, clammy. Skin dry, harsh or even scaly. Neck thin and appears unduly long. Ears

prominent, often waxy, bloodless and almost transparent. Eyes sharp and bright, the hair dry and lusterless. Stooping posture, general attitude of marked debility. Scapula conspicuus. Cough markedly present. Tubercle bacilli abundant in sputum.

TUBERCULOSIS NURSES PAY

 FIGHTING the monster White Plague is not a losing game. New York City reported 32,065 cases of tuberculosis in 1910. In 1912 this was reduced to 22,752. In the closely built-up portion of New York City the reduction in pulmonary tuberculosis in Manhattan and the Bronx had been from 472 per 100,000 in 1881, to 190 per 100,000 population in 1912; in other words, a reduction of 55 per cent. It is instructive to know that this splendid reduction has been attributed very largely to the employment of municipal tuberculosis nurses. New York City now has about one hundred and sixty-five such nurses.

In the city of Boston, where there are about twenty-five visiting nurses, it is very rare that one finds a case of neglected or abandoned tuberculosis, and in that city there has been a marked diminution in the number of cases and deaths from tuberculosis since the employment of these nurses.

The city of Baltimore has a force of seventeen tuberculosis nurses, and through coöperation has secured such a reduction, both in the number of cases and deaths from tuberculosis, that the health commission of that city declare their work shows the need of more tuberculosis nurses.

Largely in view of the foregoing conditions, the city of Los Angeles, California, recently passed an ordinance providing for the employment of one tuberculosis visiting nurse for each one hundred cases of tuberculosis reported in the city of Los Angeles. The enthusiasm with which this ordi-

nance was passed is indicated by the vote of 47,359 in favor of the ordinance to 25,681 against the ordinance. We congratulate Los Angeles and feel confident that they may expect a reduction in the tuberculosis cases and deaths in their city within a comparatively short time.

THE PRESENT STATUS OF FRESH AIR

The beneficial effects of open air treatment have of course been clearly demonstrated by innumerable clinical observations and by the experience of open air schools and day camps without number. In all such cases, however, the subjects have not only been given fresh air to breathe, but cool air, to bathe their faces, and to cool their bodies, more or less effectively, in spite of special clothing.

The results of recent research seem to indicate that an important factor in fresh air treatment is the surrounding of the body and the bathing of the face and the membranes of the nose with cool moving air. Overheating has been shown to produce serious derangements of the vaso-motor mechanism, and a decrease in efficiency and to conduce to an undesirable congestion of the mucous membranes of the nose.

Furthermore, the work of the past year has furnished a strong indication that some of the chemical constituents of stale air exert a subtle harmful effect which manifests itself in a decreased appetite for food.

These investigations confirm and explain the observed results of fresh air treatment and particularly emphasize the importance of temperature as one of the most significant factors in its success. As such researches proceed we may hope to disentangle more and more completely the various influences at work in the outdoor air, to measure their relative importance and to control intelligently their healing and preventive use.

THE STORY OF TUBERCULOSIS

By G. M. COOPER, M.D.

IN SIX CHAPTERS

CHAPTER I.

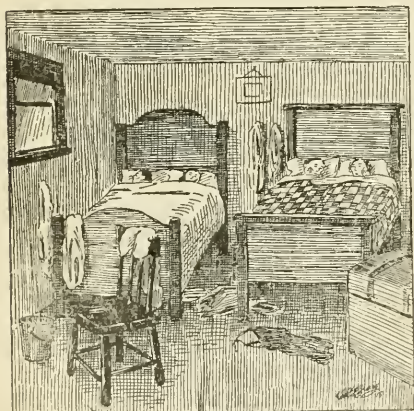
HISTORY OF TUBERCULOSIS.

In the preparation of this article I am indebted to many authorities for facts and quotations, especially to the National Association for the Study and Prevention of Tuberculosis and to the *Journal of the Outdoor Life*, New York.

Pulmonary Tuberculosis or Consumption has been recognized as a

ease as a "curse to be visited for disobedience" as seen from reading both the books of Leviticus and Deuteronomy, written fifteen hundred years before the birth of Christ.

No race is exempt, though the Jews have a lower mortality than any other, and it is more fatal to the negroes in the southern states than to any other race in the world, making it imperative that we bend our energies here in North Carolina to prevent its spread.



• FOUL • AIR • IS • BAD •

very serious disease from the earliest times. In a written treatise four hundred years before the time of Christ Hippocrates described it as "the most dangerous disease, and the one that proved fatal to the greatest number." The same author also regarded the disease as contagious although he had no idea why or how this was so.

Evidences of this disease have been found in Egyptian mummies and in the records of the ancient city of Babylon. Moses clearly regarded the dis-



• DON'T • ENCOURAGE • IT •

It is a disease of every age and sex, though the most dangerous age, or rather the most deaths occur from twenty to thirty-five, while the most dangerous age to suffer exposure is childhood.

Our real knowledge of consumption dates from the discovery of the tiny germ, *Bacillus Tuberculosis*, which causes the disease. This little germ was discovered by Robert Koch, a German physician, in the year 1882.

WHAT TUBERCULOSIS DOES.

It kills more than one hundred and sixty thousand persons in the United States each year—one every three minutes.

It kills one-seventh of all our people.

It kills one-third of all who die between the ages of eighteen and forty-five.

It kills more than four thousand people each year in North Carolina.

It costs in dollars and cents over a half billion dollars a year in the loss of life and labor to the United States

body, and especially in the bones and joints of children. A person suffering from consumption may and does expectorate millions of these germs every day.

PREDISPOSING CAUSES.

What is known to physicians as predisposing causes of a disease are the conditions which make one more liable to contract certain diseases than if conditions were normal. In the case of tuberculosis there are certain diseases which may be put down as serious predisposing causes. Some of these

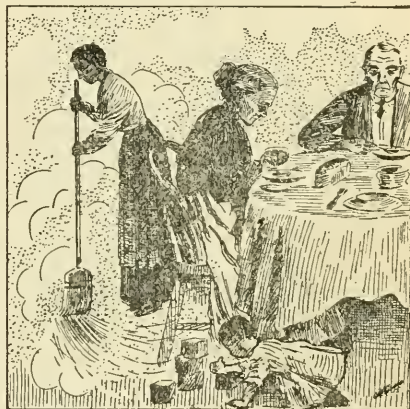


• DONT GET RUN DOWN •

—over half enough to run the government. Professor Fisher of Yale says more than one billion dollars—more than the expenses of the United States government.

WHAT TUBERCULOSIS IS.

Tuberculosis is a disease process caused by the growth in the body of the tubercle bacillus or germ as stated above. This germ is a vegetable parasite about one ten-thousandth of an inch long. The germ growing in the body destroys tissues and produces poisons or toxins which cause the symptoms of the disease familiar to all consumptives in the pulmonary forms, which are commonest. But the disease may occur in any part of the



• DUST CONTAINS GERMS •

diseases are measles, whooping cough, typhoid fever, pneumonia, pleurisy, colds, grippe, etc. Lack of proper food, alcoholism, any form of dissipation, or anything which causes a weakened physical condition.

Bad living conditions, impure air, darkness, dirt and dust are playing a large part in spreading consumption, especially among the colored people, in North Carolina.

IMMEDIATE CAUSES.

Tuberculosis is acquired, not inherited. There can be no tuberculosis without the germ. However, a child born of tubercular parents, certainly is more liable to start life in a weakened physical condition than the children of

healthy parentage. Add to this the environment of a child in a tubercular family, and you have ideal conditions to produce the disease. The commonest method of infection is by inhalation of the dried germs from sputum of careless consumptives. These careless persons sneeze, cough and expectorate on the streets, country roads, in the school houses, churches and other places, the germs soon dry, attach themselves to dust particles, float around in the air and are breathed into the lungs of the unsuspecting.

CHAPTER II.

SYMPTOMS OF TUBERCULOSIS.

In the first chapter it was made plain that the germs of the disease are present almost everywhere in the atmosphere and that everybody is more or less likely to inhale these germs at some time or other. The great Pasteur has said long ago that "it is in the power of man to cause all parasitic (germ) diseases to disappear from the world. But until that day arrives we can only use all the means we have at hand to protect ourselves.

We want one idea to somehow get uppermost in the minds of every one, and that is that consumption IS CURABLE IF TAKEN IN TIME. Now the question arises, what is meant by taken in time? In the first place, do not discharge your doctor if he tells you that you have consumption, as has been done numbers of times right here in North Carolina, for when you assume that attitude you are only signing your own death warrant. On the other hand, go to the best physician possible to reach and have him make a thorough physical examination with an instrument (stethoscope). Do this on the first suspicion you have that there is anything wrong, and instead of hindering him, do all in your power to help him get at the truth. And remember that if you wait to find

the germs in the sputum (spit) that it is many times too late to accomplish a cure.

EARLY SYMPTOMS.

The time to promise a cure to a patient suffering from tuberculosis is what the doctors call the incipient stage, that is right in the beginning of the disease when the germs are becoming active. And remember that the disease often comes on insidiously, that is so gradual as to become dangerous before the patient is aware of danger.

A persistent cough, following a cold, which lasts more than a month is often one of the early symptoms, and one so suffering should lose no time in consulting a physician. The insurance companies now invariably decline to insure the life of a person who is suffering any loss in weight, no matter how slight or gradual the loss may be, unless there is some other good reason for such loss. A loss of appetite is often the beginning. More frequently a "run down feeling" is about the first symptom. In young people a delayed recovery of strength following pneumonia is often a serious symptom, and especially in children following measles and whooping cough. In the more advanced in age grippe is often followed by consumption.

LATER SYMPTOMS.

If any of the above conditions are allowed to go unchecked for a more or less longer period of time according to the individual, the patient may look for an afternoon rise in temperature, slight at first, but there just the same. Pretty soon the dreaded "night sweats" begin to appear, followed by severe weakness and lassitude. Often even before the sweats occur a tiny bit of blood or streaks of blood may be seen in the sputum. These symptoms are soon followed by what is called the hectic flush on the cheeks, the eyes ap-

pear unusually bright, the palms of the hands are hot and dry. The temperature now begins to rise higher in the afternoon and generally the cough and expectoration grow rapidly worse. Everyone knows the almost inevitable sequence when this stage is present for any great while before vigorous measures for cure are instituted, without going on into the painful details of relating further symptoms.

It is generally at this stage, if rational modern treatment has not been properly enforced, that the poor patient falls a victim to the numerous flaring patent medicine advertisements. What matters it if a beneficent law of a great country still allows this blood money to buy space in most of our best newspapers in the pursuit of their nefarious criminal trade? No one blames the poor patient, for it is human to hope. But why should we raise our insignificant voice in protest? For one reason that most of the corrections of statutory wrongs in the world seldom come first from any but the common people in the everyday walks of life. And because the greatest Book in the world teaches that the best human life religion is that which causes every man in the world who lives it to consider that he is himself his brother's keeper.

(Continued in September BULLETIN.)

Worry debilitates the mind. Have healthful thoughts and avoid excitement or passion. A moment's anger has done much harm. Let the chronic kicker not influence your peace. Remember the old and true saying, "Health is contagious as well as disease."

I hope the day will come when a man who does not go to his grave with his own teeth will be denied a Christian burial.—*Dr. Harvey W. Wiley.*

STAMPING OUT TUBERCULOSIS

Of foolishness, ignorance and prejudice concerning disease prevention, there is no end. Not long ago a tubercular man was found spitting on the floor, apparently without the least regard for the welfare of his fellow men. When cautioned about such conduct his reply was to the effect that there could be absolutely no danger, because he "scrunched all the germs each time" he spit, and sure enough to prove it he expectorated on the carpet and placing his foot squarely on the spot he ground it into the carpet, to the confusion of his friend.

FRECKLES

Summer regularly brings to the drug stores and advertising columns their usual display of freckle lotions, face creams and other freckle-removing recipes. But for the benefit of those who have freckles and no fat purses, we will give what Charles Dickens gave as the only safe and sure recipe for removing freckles: "Go up to the fourth floor of any building, carefully cut out the freckles with a sharp razor and toss them out the window." Rather severe but a safe and sure recipe!

Even Dickens realized how futile is an attempt to appeal to reason when vanity is the question at stake, and it was through this crude suggestion he hoped to send home the truth that freckles can not be removed. He did not succeed to any great extent, however, for since that time lotions enough to fill reservoirs have been sacrificed on the freckle altar, to say nothing of mountains of cold cream and powder.

Drain garbage of all moisture; then wrap it in paper before putting it in a can. By doing this, it will neither smell badly in hot weather, nor freeze and stick to the can in winter. If you follow this method, you will have a clean can and it will last for years.

STAND UP STRAIGHT

And Get the Full Horsepower Out of Your Human Machine

The way the human body is used is of the utmost importance if the person is to have the best health of which the person is capable. With a person it is much the same as with the automobile. One represents a 50-horsepower engine, another a 40, another a 30, still another 20, and if the body is used rightly this full amount of energy can be developed without harm. If the body is used wrongly, as is true with the machine, it may be ruined in developing half the amount of the designed horsepower. When rightly used the parts are all in balance; there is no undue strain to any part, the chest is carried high, so that the breathing is easy, and there is the full amount of "wind power." The abdominal organs are properly supported and work with the least difficulty, the digestion and nutrition are good. If the body is drooped or buckles in the middle, the whole body suffers, and many times disease conditions start in this way. In such drooped position the chest is flattened, so that the lungs cannot work rightly and become weak, the abdomen is telescoped and the stomach, bowels and other organs are crowded together and work badly, so that indigestion and constipation result. Health, or the best possible efficiency, the full horsepower of the person, cannot result under such conditions any more than an engine can develop its rated horsepower if the cylinders are full of carbon, or than the fuel in the furnace can be consumed properly if the drafts are not properly open or the ashes are not removed. The position most favorable for health and in which the load or burden of life can be carried most easily is with the body, both when sitting and when standing, as it would be if a person

were trying to sit or stand as tall as possible. This gives the high chest, the flat abdomen, the erect head, square shoulders, straight knees, and the springs of the whole body are set in the best way. This is the position recognized by the athletic trainers, by the singing-teachers and by all those who are expected to train individuals for great effort. The same position is best for everyone, whether the effort be great or small, or whether the work be with the head or muscle.

CIGARETTES vs. AUTOMOBILES

The Cadillac Motor Car Company has posted throughout its factories the following notice:

"Cigarette smoking is acquiring a hold on a great many boys in our community. The habit has grown in the last year or two. Since it is such a bad practice and is taking such a hold upon so many people, we think it is a disgrace for a grown man to smoke cigarettes, because it is not only injurious to his health, but it is such a bad example to the boys. Boys who smoke cigarettes we do not care to keep in our employ. In the future we will not hire anyone whom we know to be addicted to this habit. It is our desire to weed it entirely out of the factory just as soon as practicable. We will ask everyone in our factory, who sees the seriousness of this habit, to use his influence in having it stamped out. We have two objects in interesting ourselves in this matter: first, to help men and boys; second, we believe that men who do not smoke cigarettes or frequent the saloon can make better automobiles than those that do."

Are there still men of "Social" birth,
Who regard mankind of so little worth
That they spit on the floor?

The best time to save the babies is all the time.



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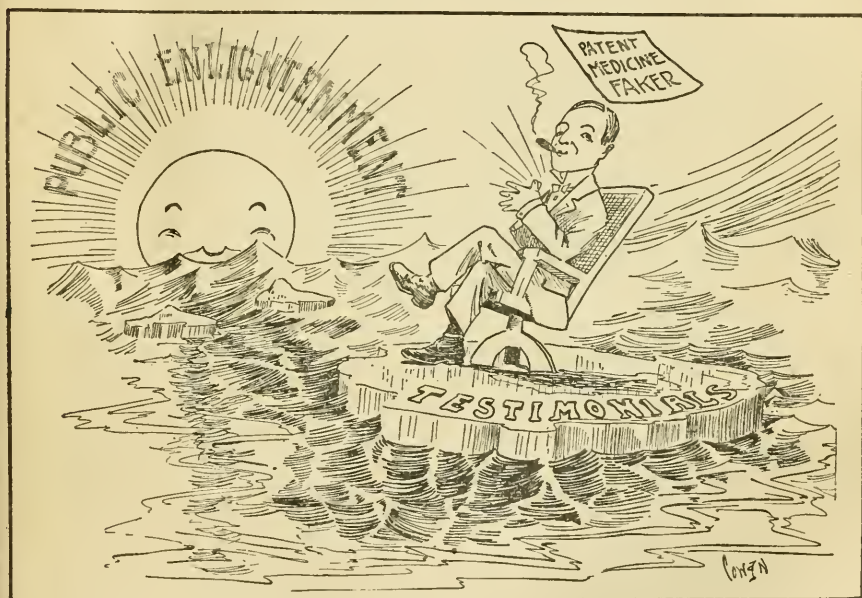
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SEPTEMBER, 1915

No. 6

He Wont Last Long After the Sun Gets Up



"When all publishers realize, as all will be forced to realize, some day, that they cannot retain the respect of their readers and print sermons on one page and advertisements of fake medical nostrums on another, there will be less need of government supervision over journalistic enterprise. The very fact that 'a sick man will try anything to get well' places an obligation upon publishers which they can no longer afford to ignore."—*Rural New Yorker*.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

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| No. 12. Residential Sewage Disposal Plants. | Anti-Tuberculosis Placards (14 inches by 22 inches). |
| No. 14. Hookworm Disease. | No. 41. Tuberculosis. |
| No. 19. Compilation of Public Health Laws of North Carolina. | No. 42. Malaria. |
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| No. 32. Diphtheria. | No. 49. Typhoid Leaflet. |
| No. 33. Scarlet Fever. | No. 50. Baby Leaflet. |
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| Anti-Typhoid Placards (14 inches by 22 inches). | No. 56. Tuberculosis Leaflet No. 2. |

THE Health Bulletin



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Vol. XXX

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No. 6

EDITORIAL BREVITIES

MICHIGAN APPROPRIATES \$100,000

North Carolina \$10,000

What is probably the largest single appropriation ever made in the United States for educational work against tuberculosis was recently granted by the Michigan State Legislature, after an interesting campaign in which Governor Ferris took a special part. Commenting upon the bill, Governor Ferris said, after it had been passed: "It is one of the greatest pieces of legislation tending toward public health that has ever been passed by the Michigan Legislature. As soon as the bill was introduced I could not help thinking that it would pass, and when it reaches my desk I will lose no time in affixing my signature." The bill providing the money allows the State Board of Health absolute discretion in the manner in which it should be spent, very little specification being made, except that it should go for the prevention of tuberculosis.

It is planned to work out a thorough educational campaign extending over the next two years, with a view to bringing to everyone in Michigan a realization of the danger and the methods of the treatment and prevention of tuberculosis.

This is an interesting bit of news, especially when considered in the light of the fact that Michigan has a death rate from tuberculosis of only 91.7 per 100,000 population, much lower than the average in the registration area of the United States of 147.6, while

North Carolina's death rate is 229.8, but even at that North Carolina is spending only \$10,000 a year in her educational campaign against this Great White Plague.

"Every child has the inalienable right to be loved; to have its individuality respected; to be trained wisely in mind, body and soul; to be protected from disease, from evil influences and evil persons; and to have a fair chance in life. * * * That state is delinquent which does not ceaselessly strive to secure these inalienable rights to its children."

Brush your teeth and rinse your mouth after eating. Deadly germs grow in the mouth, particularly if your teeth are covered with decaying food. Such conditions will also produce an ill-smelling breath. Visit your dentist at least once each year.

"We can dress the sore, bandage the wound, imprison the criminal, heal the sick, and bury the dead, but there is always a chance that we can save the child."

Hydrogen peroxide is very useful in loosening up dressing hardened by a dried secretion.

Vaccination prevents smallpox. Have your children vaccinated before school opens.

A baby should have a toothbrush instead of a rattle.

OUR SCHOOLS

Progress or Politics? Humanity or Bigotry?



R. CITIZEN of North Carolina, which shall it be? A Charlotte friend sent us a few days ago a clipping from the *Charlotte News* of August 5, 1915, under the heading, "*No Inspection, Says Mr. Stewart!*" Ordinarily such a heading would be passed over with the mental note that one more Osteopath or Christian Scientist had, in the language of the little negro, "busted his gall." But unfortunately in this case it is the Kaiser who has spoken. His word is the law for the thirty-four thousand and thirteen people of Charlotte. His opinion on this question must be theirs, whether they will it or no. Why? Because, gentle reader, it is the Honorable Plummer Stewart, "Chairman of the Finance Committee of the Board of School Commissioners of the City of Charlotte," who "is now and always opposed to the medical inspection of pupils in the public schools of Charlotte." Of course he will be always opposed to this worthy measure for the betterment and happiness of another generation. Why will he always oppose inspection? For the simple reason that minds like his never expand. They are always born with enough wisdom to carry them through life. It is his type of mind that will stand up and argue that the earth is flat. It is men like this who boldly proclaim from so many North Carolina cross roads stores that they are "*always* going to vote against local tax for schools," that keeps Dr. Joyner and the department heads in his office constantly devising ways and means to keep the State away from the tail-end of America's illiteracy column.

This worthy chairman says, "It would not be sufficient just to thump the child like you would do a water-

melon in determining whether it is ripe." Oh, what a pity that the people have not some way of thumping the heads of some of their chairmen to determine whether or not there is any thing inside!

Again says Mr. Stewart, "I cannot understand how a man who has the means to have his own children inspected by a medical expert and does not have it done, could advocate that the State or 'the school board ought to have it done.'" Of course he cannot understand these things. Being only a chairman of the school board and personally responsible more than any other man for the well being of some twelve thousand school children in the largest city in the State, a city whose taxable wealth for 1914, according to the "Year Book," was *twenty-two million, forty-one thousand, four hundred and ninety dollars*, he could not be expected to understand such propositions. The city could not afford it, it is too poor. People would be foolish to expect it, for would he not always see a red blur when his eyes chanced to fall on such words as "progress" and "democracy"? Those old simple words will have to keep on explaining it to the end of time. If this worthy official could only comprehend their meaning he could understand these and many other problems, as for example, why there are so many wealthy parents in this good State, even in Charlotte, who prefer sending their children to the public schools rather than private institutions.

He asks, "If you find something the matter with the child's eyes, what kind of glasses are you going to furnish it, gold rimmed or copper?" Stones! brother, stones! in the city of Charlotte, as long as the Honorable Plummer Stewart remains chairman.

The friend who sent us the above mentioned clipping closed his letter with the following words: "I am en-

closing a clipping from yesterday afternoon's *Charlotte News*, which shows that one of our very progressive citizens and member of the Charlotte School Board is not very well abreast of the times. I enclose it that you may comment on it as you may see fit." Personally, we do not know Mr. Plummer Stewart. He may be a most likable man. It is his "type" of public official all too common which we would deery. Happily his tribe is decreasing. As for Mr. Stewart, it might be well enough to recall, since a good citizen of Charlotte invites the comment, that while a member of the Legislature some years ago, he fought and worked against every measure for the betterment of the public health in North Carolina. Had Hon. Henry A. Page and his colleagues been so shortsighted as Mr. Stewart at that time, North Carolina would not now be reducing the death rate from preventable diseases as she is. But, "as educators," would probably be "carefully considering all matters" before doing anything.

We would like to suggest to Mr. Stewart, that, as his twenty-two-million-dollar constituency make so "many demands for money," he go over to one of the school libraries and borrow a copy of the First Annual Report of the North Carolina Bureau of Vital Statistics. In the report of that Bureau (establishment of which he fought so hard as a legislator) he will find that the city of Charlotte reported twenty-three deaths from typhoid fever in 1914—a disease which is an index of community cleanliness, not personal. He will find that, according to the lowest money rating any agency in America gives, the cost to a community of each death from typhoid fever is \$1,700. Suppose Mr. Stewart applies some of his efforts at economy in saving to his school board this year some of this \$39,100 it threw away on

this disgraceful preventable disease last year, in death losses alone.

Bother the idea of ordinary human sympathy and sentiment. Do not discuss the plight of the many helpless widows and orphans with such an official *like* this. Nothing appeals to him like the "Almighty Dollar."

However, in conclusion, let this fact shoot straight home: Those twenty-three deaths in Charlotte last year were *needless*. How is a repetition this year and every year to be avoided? Simply by education. How can people be reached to tell them and prove these things? Answer: Through the children and *only* through the children in the schools.

What better way has ever yet been devised to preach these living truths so necessary for the people, all the people, to know than through the simple method of an official medical inspector!

"The greatest resource of Charlotte is its child life." In the humble opinion of the writer, one possible future "Joe Caldwell," in the person of a single little urchin saved from blindness, even with "copper-rimmed glasses," would be worth more to the city of Charlotte than Mr. Plummer Stewart's twenty-two millions he is so jealously guarding.

SOME ARGUMENTS FOR MEDICAL INSPECTION OF SCHOOLS

What Miss Cassidy Says

Listen to the following from a paper written by Miss Lula M. Cassidy, last year Rural Supervisor for Schools in Sampson County, but now occupying the same position in Orange County:

"One of the fine results of county health work in our county for the last fifteen months is the decided increase in the average attendance of the pupils of our schools. In the ten schools with which I have been attempting some special work, I have noted with interest not only the increased attend-

ance, but THE GREATLY INCREASED EFFICIENCY OF THE PUPILS WHO WERE EXAMINED AND TREATED LAST YEAR." (Capitals ours.)

Let us hear what Gulick and Ayres have to say (Prof. Ayres, one of the most eminent school authorities in America).

"Medical inspection of schools is a movement by no means in its infancy and has long since passed its experimental stage.

"The importance of steps looking toward the health of our public school children is indicated by the following facts:

"1. The school is the only governmental department that directly assumes control of children's lives.

"2. At least nine out of every ten of all American children are subject to this control; and

"3. Such control is maintained (roughly speaking) during the critical years of from seven to fourteen."

Again the same authorities:

"Medical inspection is an extension of the activities of the school in which the educator and the physician join hands to insure for each child such conditions of health and vitality as will best enable him to take full advantage of the free education offered by the state.

"The objection that the state has no right to permit or require medical inspection of the children in the schools will not bear close scrutiny nor logical analysis. The authority which has the right to compel attendance at school has the added duty of insisting that no harm shall come to those who go there."

Frederic J. Haskin, writing from Japan, as far back as 1898, says:

"The Japanese system of medical inspection extends all over the empire and reaches the most remote rural community. Thus the Japanese department of education (not department of health, please note) is able to tell how many children are in school in the empire, how many are robust, medium, or weak, and what diseases are most prevalent at different ages of school life."

In other words Japan has been doing her school work, as she has

everything else, in a systematic manner. Does any one wonder at the health record of her soldiers in the war with Russia as compared to our own miserable history in the war with Spain?

Heathen Japan is conserving her child life because she realizes that the time may come when she will need men.

On the other hand, we in enlightened America are conserving our dollars because there are "more demands for money than you ever heard tell of." That is, we are doing this in some localities which ought to be getting out of eighteenth century ways of doing things. It is encouraging to note, however, that the light is breaking in many places, and may God speed the day when we can all leave our own opinions and prejudices at the altar of our country's good.

GREENSBORO'S BACK YARD

"He That is Without Sin Among You, Let Him First Cast a Stone at Her."



IF the following portion of our official report, dealing with the occurrence of typhoid fever and the related insanitary conditions in Greensboro, pictured an insanitary condition restricted to one or a few of our cities and towns, then these photographs should have no place in a state-wide publication. But the condition here portrayed is general, not local; a type, not an exception. We are dealing here not *with* Greensboro, but *through* Greensboro with most of the towns and cities of North Carolina—Asheville and Wilmington, and a few others, excepted.

During the last four years Greensboro has had something over 300 cases of typhoid fever. Probably 50 of these cases have had an epidemic origin, that is, a common origin with many other cases, while 250 of the cases

have been caused by insanitary conditions like those shown in the photographs. Greensboro took no official notice of the 250 cases because the 250 cases were distributed over four years; Greensboro became alarmed over her

pleases, but he must not bite off hunks of life, albeit the biting is infrequent and much less costly than the continuous and insatiable gnawing.

Winston-Salem, Rocky Mount, Durham, Salisbury, Wilson, Kinston, New

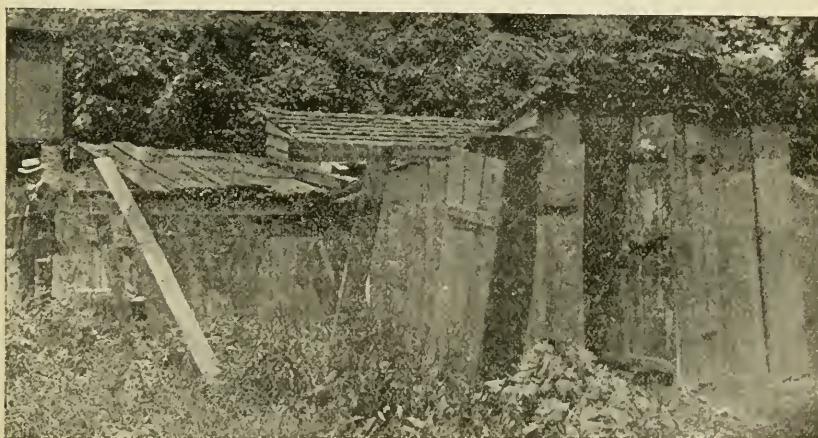


No. 1

recent milk epidemic of 28 cases because the 28 cases all came down within a month of each other; if the 28 cases had been distributed over four months, they would have attracted no more attention than the

Bern, Goldsboro, Charlotte, and all the others, save a few, have you places like those shown in the photographs? Will you keep them, or will you dispose of them? When?

Photograph No. 1 shows a group of

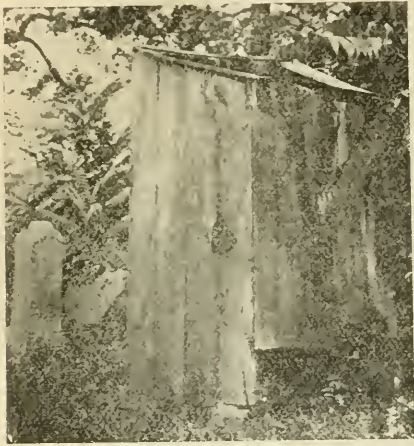


No. 2

much larger number of cases distributed over a greater period of time. Greensboro strained at the 28 cases, the gnat in the milk, and swallowed the 250 cases, the camel in the back alley. Death may gnaw as long as he

ten houses in which about twenty families live, enclosing in a hollow square ten privies, eight in use. The privies range from fifty to one hundred feet distance from the houses. There were three cases of typhoid fever within two

hundred yards of this bunch of privies, also one case of tuberculosis. The picture shows the arrangement of houses and privies in the one hundred block between Wilmington Street and Burton's Alley, Greensboro, N. C.



No. 3

Photograph No. 2 shows a near view of the group of ten privies shown in the first photograph.

Photograph No. 3 shows a privy built almost over a grave. One can

stand in the door of the privy and touch the tombstone. The proximity of the two is suggestive, and we have called this picture "Companions." The privy is not covered, and is an ordinary open-back, insanitary, dangerous closet, standing within arm's reach of the grave. There is a case of typhoid



No. 5

fever, Pinkney Everett, within fifty feet of this closet.

Photograph No. 4 shows an open-back, insanitary privy within twenty feet of one kitchen and about thirty feet of another kitchen, and the privy is within eighty feet of where Sidney Washburn lies sick with typhoid fever.



No. 4



No. 6

The arrangement of the privies and houses in this section is very much like the grouping shown in photograph No. 1.

Photograph No. 5 shows a privy



No. 7

that has a good house, but has the same dangerous, fly-exposed, open back. This privy is also in a thickly-settled, unscreened neighborhood.

Photograph No. 6 shows a grouping

of houses and privies in an insanitary neighborhood.

Photograph No. 7 shows the best type of privy in the city of Greensboro, according to Chief Sanitary Inspector Donovan. After the photographs, Nos. 1 to 6 inclusive, had been taken the Chief Inspector was asked to take us to the very best privy in Greensboro, so that we could get a



No. 8

picture and show in our report both sides of the Greensboro privy problem. When asked to take us to the sanitary privy, the Chief Inspector replied that they were "hard to find."

Chief Inspector said that there were about one hundred privies like No. 7, and about fourteen hundred like Nos. 1 to 6.

Photograph No. 8 shows the arrangement of privies at the White Oak,



No. 9

Proximity, and Revolution Cotton Mills. Privies are arranged on each side of a drive-way, which permits easy access of scavenger.

Photograph No. 9 gives a near view of bucket type of closet shown in No. 8. It is interesting to compare the comparatively excellent privies of the mill village with the insanitary privies of Greensboro.

BUTTERMILK AND BACTERIA

The popularity of buttermilk as a food and a beverage is attested by its widespread sale. Any drink which can succeed in invading the precincts of the saloon and compete for sale, as buttermilk now does in wet States, side by side with alcoholic beverages, deserves attention. The plan of allowing milk to undergo fermentation of such a character that the products are not unpleasant or unwholesome for human consumption, yet serve as preservatives to prevent undesirable types of decomposition, is not new. The fermentation product chiefly depended on in such cases is lactic acid, although in certain types alcoholic fermentation may also be in evidence. Buttermilk

belongs to the acid type; it usually contains from 0.6 to 0.9 per cent of acid. Strictly speaking, buttermilk is a by-product of butter making; but with the development of the milk industries, the demand for buttermilk has frequently been met by fermenting the skim or separator milk which remains as a by-product of the cream trade. The fermented product is not literally buttermilk, but it may be indistinguishable from the latter in composition and properties. The use of these fermented milk products has been favored, not alone for their intrinsic food value, but also for accessory reasons. The specific fermentation products have been reputed to have a "tonic" action in the digestive tract. Special virtues have been attributed to the lactic acid bacteria, particularly in relation to putrefactive changes in the alimentary tract. Aside from any alleged therapeutic virtues, there can be no doubt of the nutrient value of the beverages. With the growing attention devoted to the bacteria which milk may harbor, and the recognition of the dangers which they may entail, it is not strange that buttermilk also should demand bacteriologic consideration. Heinemann, of the Department of Bacteriology and Hygiene at the University of Chicago, has demonstrated that the presence of lactic acid in milk will destroy the germs of dysentery, typhoid, diphtheria, and cholera. The slower milk sours, the greater is the danger of disease germs surviving. Acids other than lactic acid are frequently present in buttermilk. This beverage, Heinemann reminds us, should therefore be looked on with suspicion, especially if heavily polluted, unless it has been prepared from pasteurized milk. There is, however, says *The Journal of the American Medical Association*, a remnant of satisfaction to all lovers of the fermented product to learn that the chances of buttermilk becoming a carrier of infection are small.

PERSONAL HYGIENE



DRUGS

Their Use and Abuse by the Average Person

BY DR. BENJ. K. HAYS, Oxford.

IT has been estimated that ninety per cent of all medicines are taken to relieve constipation or an attack of "biliousness." Constipation is the result of neglect, and "biliousness" comes from overeating. Every physician will tell you that the best remedy for constipation is to form the habit of attending to nature's call at a given hour each day. When that hour comes let nothing stand in the way, but go, even if there is no inclination. A diet composed largely of vegetables and of fruits gives a laxative tendency, while meats are constipating. When purgatives are taken they tend to make one dependent upon them, each dose calling for another, and usually in increased quantity. I freely admit that it is far better to take medicine than to remain constipated, but it is also better to relieve the constipation by habit and diet than to depend upon medicine. It is needless to add that for the so-called "biliousness" the only cure is to be found in a correct diet.

HEADACHE.

Second in frequency the condition which calls for medicine is headache. There is no known remedy which is harmless. Opium, the coal tar derivatives and bromides make up the bulk of all headache remedies, and these are all poisonous and habit forming drugs. Headache is a symptom, and

indicates that something is wrong with the body. Its cause should be considered and, if possible, removed. Among the most frequent causes of headache are fatigue, loss of sleep and nerve strain. The remedy suggests itself. Rest and sleep. Digestive disturbances are a frequent cause of headache. If proper dieting will not relieve this, it would be well to consult a physician. The first symptom of Bright's disease is often headache (never a pain in the back) and for this a physician should certainly be consulted. Eye strain, neuralgia and many other conditions may produce headache. Not one of them is cured by "dope." A headache which rest, diet and the removal of worry will not cure should receive medical attention.

INDIGESTION.

I once knew a preacher who suffered with indigestion. He carried his bottle of pepsin and box of calomel wherever he went. He would stuff his stomach as full as it would hold three times a day and after each meal take something for his indigestion. At night he took a purgative. He is dead now. Medicine did not kill him. He died from over-eating. He knew that he ate too much but he thought the medicine would save him. He simply bet on the wrong horse, just as thousands of people are still doing.

NEURASTHENIA.

There are a great many people who permit their minds to dwell upon their physical infirmities. These people are called neurasthenics. They will dis-

cuss their ailments with every person who will listen to them, and as a rule will take any medicine that is suggested. When these people consult a doctor they get a jolly and a bread pill, or something equally as harmless. Unfortunately, when they buy patent medicines they get alcohol, opiates, bromides, coal tar, or some other poisons. Of course there are exceptions, even among patent medicines. I once knew a patent medicine which contained only Epsom salts and water; about two heaping tablespoonfuls of salts to the pint of water. It sold for one dollar a bottle and it cured more diseases and did less harm than any other patent medicine that I have known.

A neurasthenic went to see his sister who was a patient of mine. She was expecting soon to become a mother and was taking medicine for a trouble resulting from her condition. The neurasthenic saw her take a dose of medicine and asked what it was for. She replied, "For a pain in my back." He said, "I have a pain in my back. I wish you would give me a dose of that medicine."

COUGHS AND COLDS.

Most children suffer from coughs and colds during the winter season, and no one can blame a tired mother for giving them a "dope" at bedtime that she herself can get some much-needed sleep. But when the mother believes that the "cough syrup" is a cure, she deceives herself. Coughs and colds are directly contagious diseases and can be largely prevented by avoiding exposure to them. When once contracted they are best combatted by warm, dry clothes, well-ventilated rooms and regulation of diet. Cough syrups are dangerous remedies and should be used only when prescribed by a physician.

I do not underrate the value of drugs and I have no patience with that class

of people who refuse to use them when they are required and are intelligently prescribed. But it is marvelous to see how many people pride themselves upon their knowledge of disease and of medicines and are entirely ignorant of the laws of health. Only recently I was called to see a child dying with consumption. The mother had treated the child herself through its entire illness, giving many different kinds of medicine. The mother showed a remarkable familiarity with the drugs which she gave, and yet was so ignorant of the nature of the disease that she permitted the sick child to drink from the same dipper that the other children used; permitted the other children to play on the bed with the sick child; and did not destroy the sputum coughed up by the sick child. The child was in a dark, closed, ill-smelling room and a puddle of water was standing under the bed. Here was a case in which the mother was criminally ignorant of the laws of health and criminally free in her use of drugs.

In contrast to the above, it is a pleasure to go into a home where sunshine, fresh air and proper ventilation prevail; where diet and clothing are looked after with care and intelligence; where cleanliness and health are the rule, and where disease, when it does appear, is regarded as abnormal and calls for the advice of a trained physician.

"CATARRH"

What It Is and What to Do For It



YOUNG LADY writing to the State Board of Health wants to know if there is any "cure for catarrh of the head." She asks that this information be given through the columns of the BULLETIN, and says: "I often wonder when I am reading so much you have to say about tuberculosis why you never mention catarrh."

In answering this young lady we wish to know, in the first place, how she knows that she has "catarrh of the head." Who told her that her ailment was catarrh? What physician diagnosed her case and pronounced it as such? It appears to us that she is guilty of one of two things: that she has either diagnosed her own case, which, judging from her conclusion, she knows nothing about, or she has allowed some patent medicine testimonials or exploiters of the same to do it for her.

There is not a more harmful custom practiced today than that of people diagnosing their own ailments and medicating themselves for the same. It is difficult enough for physicians who have spent years in studying the human body and the symptoms and effects of diseases on the body, much less for the laity with whom it is altogether mere guess work. Some people in prescribing for themselves do so on the old principle that what is good for Peter is good for Paul; that if Black Draught cured Mr. A. of lumbago because he was down in his back, that Black Draught will cure Mr. B. of sciatica or kidney colic because he is down in his back the same way that Mr. A. was.

As a matter of fact, catarrh is the catchword of the patent medicine manufacturer or advertiser. It came into its wide range of popularity chiefly with Peruna, and since then it has enjoyed a notoriety that no other disease has known. Concerning catarrh and Peruna, Samuel Hopkins Adams in his book, "The Great American Fraud," has this to say: "But its reputation rests on catarrh. What is catarrh? Whatever ails you. No matter what you've got, you will be not only enabled, but compelled, after reading Dr. Hartman's Peruna book, 'The Ills of Life,' to diagnose your illness as catarrh and to realize that Peruna alone will save you. Pneumonia is

catarrh of the lungs; so is consumption. Dyspepsia is catarrh of the stomach. Enteritis is catarrh of the intestines. Appendicitis—surgeons please note before operating—is catarrh of the appendix. Bright's disease is catarrh of the kidneys. Heart disease is catarrh of the heart. * * * Similarly, malaria, one may guess, is catarrh of the mosquito that bit you," etc.

But about catarrh as a disease—there is no such thing. Consequently there is nothing to be said on the subject. It may be said, however, that catarrh is generally considered by the laymen as any kind of inflammation resulting from cold. In fact, every disease name ending in "itis" indicates a catarrhal infection. For the above reason we recommend for "catarrh of the head" the same treatment that we would for a cold, as what is known as "catarrh of the head" is only the after-effects of a head cold and may be thus explained:

Colds are due to germs. These germs attack the lining or mucous membrane of the nose and throat and travel along the surface, finding their way into every nose and throat cavity. Finally, when the acute stage of the infection subsides, in the nose proper, there is usually some one or more of these cavities that continue to suppurate or discharge pus. When these suppurating cavities continue to discharge, this pus matter drains into the nose or throat, causing that unpleasant dripping feeling called "catarrh."

A solution of salt water, one teaspoonful of salt to a pint of water, sniffed or sprayed into the nose once or twice a day, will be found to be of value in cleansing the mucous membrane and relieving it of the pus discharge. When this does not give relief, consult your physician concerning the use of other antiseptics and sprays. "Catarrh sufferers" should live as much as possible in the open air. They should sleep either on a sleeping porch or with windows wide open, summer

and winter. They should always avoid hot, stuffy rooms. But most of all they should avoid taking cold by building up a resistance to colds. Below are six simple rules, which if observed carefully every day will insure a practical freedom from colds. To follow only part of these all the time or to follow all of them spasmodically will help some, but not half as much as to follow all of them all the time.

1. Sleep and live in cool, well-ventilated rooms. Have windows open, especially at night.

2. Eat moderately. Eat sparingly of meats and pastries, but plentifully of fruits and vegetables.

3. Keep the secretory organs working properly. Don't get constipated.

4. Build up resistance by cold baths, especially cold sponge baths for the chest and down to the waist line, daily exercise in the open air and by drinking plenty of water. Avoid exposures that are not within reason.


5. Keep the mouth and teeth clean. Have no decayed teeth.

6. Avoid as much as possible close association with others having colds, "grip," or "sniffles."

BATHING

The How, When, and Why of Keeping Clean

By DR. ALVAH H. DOTY.

HE skin, like the kidneys, is an excretory organ, that is, it excretes or throws off waste or worn-out matter from the body. If this material is not promptly removed from the system we suffer from it in various ways. If it remains on the surface of the skin it quickly decomposes and becomes offensive, particularly in parts of the body where surfaces are brought together, as under the arms and between the toes, for the air which passes through the clothing is excluded from these parts, and part of the waste matter is not rubbed off

by the clothing as occurs in other parts of the body. While this condition may be tolerated by persons who are careless regarding the proper care of the skin, it is exceedingly unpleasant to those who are in close proximity to them. No amount of clothing will mask this condition, and it is for the purpose of preventing it, as well as for assisting nature in the prompt excretion of waste substance, that a daily bath is desirable, particularly during the warm weather. Then the skin is very active, the amount of excretion greatly increases and decomposition rapidly takes place.

While the old-time weekly bath may, in a poor way, answer the purpose of cleanliness during the cold weather, it does not adequately maintain a clean and pleasant condition of the skin during the summer months, for even a daily bath and the free use of soap do not always answer the purpose, particularly in parts which are brought closely together.

While a tub bath is useful when a good scrubbing is desired, it is not always necessary for those who bathe daily; furthermore, it is not as a rule stimulating; besides it involves an extravagant waste of water and considerable time is required in its preparation. There is no doubt that in the future tubs will be replaced by shower baths, for this method is superior to all other forms of bathing for the purpose of maintaining a healthy condition of the skin, as well as a general stimulating effect. It is true that everyone cannot have a tub or shower bath at their command, but everyone can obtain a large sponge or coarse wash cloth at a comparatively small price, and with this the skin may be kept in good condition. If the latter means is employed, care should be taken that the sponge or wash cloth is frequently washed out and daily aired and exposed to the sun.

The temperature of the bath is an

important consideration. The very young and very old and also invalids are not proper subjects for cold baths at any time, for the shock which ensues after the sudden reduction of the temperature of the surface is not followed by a prompt or proper reaction and is not infrequently associated with unpleasant results. Neither is the practice of plunging into a tub of cold water in the morning to be recommended for anyone, although there are those who can stand it, and apparently enjoy it, yet it is quite probable that even under these circumstances it sooner or later becomes detrimental to health.

A warm bath is valuable for cleansing purposes and is soothing but not stimulating and renders a person quite susceptible to low temperatures. Therefore, warm baths should be taken at bedtime during the cold weather, for outside exposure after a warm bath in the winter time would very likely be followed by a cold, if not some more serious affection. However, during the heated term, warm baths are frequently resorted to during the day for the purpose of cleanliness and without any ill effects.

The most valuable, pleasurable, and stimulating bath for daily use is a warm shower bath of very short duration, just sufficient to clean the body, followed by a cold shower for a fraction of a minute. In this manner, the surface of the body having been warmed, the cold shower is far more pleasurable and gives less shock than if warm water had not been first applied. The cold shower alone is not as a rule acceptable and certainly not as pleasant and stimulating as the combined shower.

Shower baths should be taken upon rising in the morning and should be followed by a brisk rubbing of the skin with a coarse towel; soap cannot be dispensed with, even in the daily bath, particularly during the warm

weather and in connection with certain parts of the body.

Baths or surf bathing should not be indulged in for two or three hours after a meal, for if the surface of the body is subjected to either extreme of temperature at this time, it interferes materially with the circulation of the stomach and intestines, which during meal time has been properly adjusted for digestive purposes and any unusual interference with it is quite apt to be followed by unpleasant results. There is but little doubt that cramps, which so often occur during swimming and which are not infrequently followed by serious or fatal results, are due to digestive disturbance following the shock of the reduced temperature upon entering the water.

Both fresh and salt water open air bathing must be placed in the list of sports or pleasures, for they cannot be depended upon for cleansing purposes. Besides, it is a mistaken idea that this form of bathing is a healthy practice for it is not, for those who enjoy swimming invariably remain in the water too long. This exposure should not last more than ten minutes, although a large part of the day is often taken up with this pleasure. There is no doubt that the depression and languor so common among those visiting the seashore or along inland bodies of water where swimming is a feature, is due to undue exposure in connection with swimming. This condition often remains for some time after a person has returned home. Young children are often improperly exposed in this manner. The blueness of the skin, the shivering, etc., which is so commonly noticed among open-air bathers, cannot be regarded as evidence that this form of bathing is conducive to health.

Too much eating and too little exercise are to a large degree responsible for many people's ills and ailments.

VENTILATION IN SUMMER

DOT very much is heard about proper ventilation in the summer time. As a rule it is taken for granted that by reason of the hot weather practically everybody will have to live out of doors more or less and have their windows open whether they want fresh air or not. On this account it is usually inferred that we get about all the fresh air necessary. While to a very large extent this is true, still our ventilation experts tell us that two of the cardinal points to be considered in the matter of proper ventilation is to keep the air circulating or moving and to keep the body cool. In other words, boiled down to the simplest terms and put in simple language, it means "cool breezes."

Now after all that has been said in regard to the matter of keeping cool in summer, some of us still find it necessary to earn our daily bread by the sweat of our brow, be it at the office desk or in the kitchen, and some of us even find it necessary to get a few hours of sleep each night, be it in close, sultry weather or be it in blistering hot bedrooms. For these unfortunate science and industry have within recent years supplied electric fans, which, to a very large extent, supply the long felt want and fill the requirement of cool breezes. But electricity is not universally available and so for the benefit of those who do not have access to electricity we now have ingenious fans run by alcohol. Alcohol fans are about as cheap as electric fans and the cost of fuel for such fans is said to be about a half a cent an hour. While such devices may perhaps at present be classified as luxuries, still we venture the prophecy that within a few years, like many other so-called luxuries, they will graduate from the class of luxuries into that other class of every day necessities. For health, comfort and efficiency in

our daily occupation, we commend cool breezes, be it by the electric, alcohol fan or otherwise.

IF YOU LIVE RIGHT

You will not bolt your food and expect your "digestion" to masticate it. If nature had wanted your teeth in your stomach she would have put them there.

You will not gormandize. If nature had intended you to eat enough to sustain a giant you would have been built accordingly.

You will get plenty of sunlight and pure air. Nature designed you for out-of-doors and not for an "air-tight" or "canned" existence.

You will take regular and normal exercise. Your body is not made to function properly without it. Your limbs and joints are designed for action, not to be kinked up and stiffened by the sitting habit.

You will avoid excessive nervous and physical strain and the loss of rest and sleep. So far, no one has been able to successfully defy nature on this point.

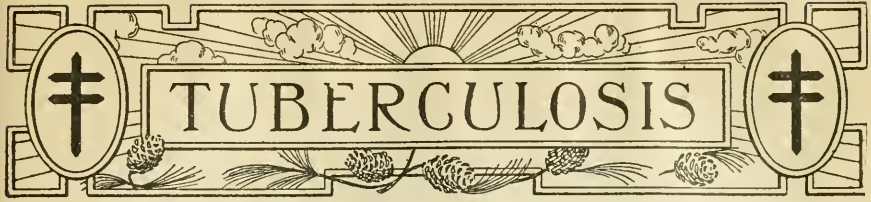
You will avoid overindulgence in fats, sweets, tobacco, alcohol and other drugs. Nature will not stand for this. It was not in the contract.

You will also abjure peevishness and worry. This drag upon health and happiness has no place in nature's scheme.

You will have periodical health examinations to detect disease before it is too late to head it off.

You will shun these and other easily avoided follies of wrong living which are causing so much needless suffering and untimely death.

In short, if you *live right* you will enjoy an orderly, peaceful and sane existence, using the instinctive intelligence which nature has given you to conserve your health.



OPTIMISM AND BACKBONE IN TUBERCULOSIS

BY JAMES S. FORD, M.D.,
Asst. Physician, Gaylord Farm Sanatorium,
Wallingford, Conn.

OPTIMISM has been described as being the opinion or doctrine that the order of things in the universe is adapted to promote the most good; or even a better definition given is the disposition to be hopeful and cheerful.

This latter definition is perhaps the one more suitable where the patient with tuberculosis is concerned. True it is that it is not an easy matter for the tuberculous patient to look ahead cheerfully to six or twelve months of enforced idleness, but when he or she can see in the distant future a restoration to good health slowly making its appearance over the horizon, the difficulty of being an optimist should easily be dispelled.

It is the common belief among the laity and even among some physicians that the unfortunate sufferers from the disease for which we are all here are cheerful; that the disease, as it were, brings with it a spirit of optimism. That I can say is not true save in the hopeless far advanced case. There is as much pessimism or feeling that their condition is beyond arrest in early cases of pulmonary tuberculosis as in any other chronic condition in the entire realm of medicine. It is this feeling of downheartedness or worry that I am now anxious to combat.

It has truthfully been said that there is no disease from which we recover so many times as we do from tuberculosis. The truth of this statement is

evidenced by the fact that from 95 per cent to 97 per cent of the people coming to the age of fifteen years positively react to the various tests used for the diagnosing of tuberculosis. This does not mean that all these people have suffered or ever will suffer from active tuberculosis as you are suffering, but it does mean that there are comparatively few persons in the world without the taint of tuberculous infection, but a great majority are able to combat it. Many of you may look back and pick out numerous occasions when you felt badly for various lengths of time, not ill enough to consult a physician, but still feeling that you were not up to your usual standard. These attacks were in a great many cases nothing more or less than little flare-ups of tuberculosis which you were quickly able to overcome. There you see that the disease is easily throttled and is reason number one for you to be optimistic as regards your condition.

A well-known medical man has said that he knows of no disease that is so easily overcome as tuberculosis, provided that the rules laid down are followed. There is no denying or getting back of such a statement when it is remembered that tuberculosis is a chronic disease and the number of sufferers from it who are restored to normal health and conditions of life is, I dare say, greater than that of all the other chronic diseases put together. But immediately the gloomy individual who can only see the hole in the doughnut instead of the cake around the opening will say: "But see how carefully one with tuberculosis has to live.

He has to be in bed early nights so as to get the proper amount of rest, and he must give up many of the other pleasures of life, else he is liable to relapse." These and one hundred and one other trivial arguments he brings forth showing he is anxious to have his health but does nothing on his part to regain or hold it. Your optimist, on the other hand, will say: "Well, tuberculosis is not so bad after all, even if I do have to go to bed early and give up many pleasures for a year or more. Anyway, I can indulge my appetite as I want and indulge in various types of pleasure, provided I get to bed in seasonable hours. If I had heart trouble I would probably have to forego all pleasures of an excitable nature which I can now enjoy, for fear of upsetting the delicate balance upon which my heart would be working; if I had kidney trouble or diabetes or stomach trouble, the constant bugaboo of indiscretion in diet with its terrible and mayhaps fatal consequences would be constantly before me." Then again a very few get over these ailments while a large percentage do get over tuberculosis. There we have reason number two for being optimistic.

There are very few of us who enjoy sitting around hour after hour, day after day, listening to the woes and wailings of any of our cottage mates. Why then should we inflict our own tale of woe, real or imaginary, upon those who are forced to take the cure with us? Pleasant thoughts and topics of conversation cost no more effort than gloomy ones do and on the other hand make us welcome guests and companions. Reason number three for being an optimist.

Nothing will tend to make the time pass more pleasantly and make the burden of your illness easier to bear than indulging in all kinds of so-called day dreams. There is nothing I know of that gives more pleasure and diversion than the building of air castles, the picturing of yourself in imaginary

places and the holding of imaginary conversations. This, to many of you, may sound like childish talk, but I can assure you from the personal experience of being an absolute bed patient for months at a time that nothing gives greater enjoyment and helps you to see the brighter side of things better than these little mental excursions, which cost you nothing in the way of energy.

There is no medicine that can be given in tuberculosis that will act as much as a tonic upon yourselves and your cottage mates as cheerfulness, and the above stated thoughts certainly tend to make you cheerful. The good influence that a cheerful patient has upon his or her circle of friends is reason four to be optimistic.

By being optimistic I do not mean for you to be heedless and to go ahead doing all sorts of things, as over-indulging in exercise, or if you are at home, staying up to all hours, thus not getting the proper amount of rest, and pass the whole thing off by simply saying, "Oh, well, this will be all right, I am an optimist." Optimism does not mean the loss of your good sense. The greatest example of optimism in any one suffering from tuberculosis is, I think, Dr. Trudeau—the pioneer of this work in America. It has been this spirit of optimism that has helped to keep him alive to the present time, and in a public address made a few years ago he said that more than once optimism was the only thing he had left, but it never failed him and always brought him out on top. His example is one I would commend to all of you.

Now we will take up the question of backbone, and by that I mean the ability to bear your illness in an uncomplaining manner; the not giving in to every fleeting ache and pain, and finally, to have the determination to get well. Now let me explain a little more fully the above statements. I do not attempt to even hint that any one should make light of his or her illness

or lose the slightest amount of respect which is due tuberculosis. I do say, however, that there is no need of whining and fretting over some little indisposition and getting the entire cottage or table all upset with you. If you have pains or aches or feel indisposed, report it to the nurse or doctor, who are here for just that purpose, but have enough power of will to keep your sufferings from your cottage mates, for I can assure you they are all busy thinking over their own.

Every pain you have should be reported at once, for even if in the majority of cases it may mean nothing, the time may come some day when the pain will be of serious import. Many go around for days at a time suffering from pains of various types and finally report how long it is they have been suffering and what they have been trying to stand. That, to my mind, is not backbone, but the rankest kind of foolishness, and such patients are not looked upon as the martyrs they picture themselves to be.

One of the greatest tests of backbone comes when for some reason the physician deems it best that the patient should lose what exercise he or she may have. Then is the time for the patient to smile, grit his teeth, and show his backbone. Let him say, "All right, doctor; I will do as you say. I will stay on the reclining chair until I get into condition to once again have my exercise." Many, on the other hand, go back to their cottage or shack and fret and worry themselves into a highly wrought-up state and talk as if the doctor had deprived them of something that was theirs by divine right.

It must be remembered that there is a big difference between backbone and recklessness. The patient who does not report a hemorrhage or an attack of pleurisy or who takes one hour's exercise when he has but fifteen minutes, just to show what he can stand, is not

showing his backbone, but is simply courting disaster by his recklessness. Every hemorrhage or even blood-streaked sputum should be reported, and that man or woman will not be awarded a hero's or heroine's crown by me because he or she has been so misguided as to keep such occurrences to themselves under the impression that they were giving a great exhibition of courage. Report such occurrences at once and then show your backbone by cheerfully following out whatever advice may be given you.

Always remember that the arresting of your tuberculosis lies wholly in your own hands, and the man or woman who gets well is the one who has the courage to report all symptoms and who try their utmost to carry out the rules laid down for them here and at home, and this in spite of the advice and pleading of their kindly disposed, but too often misguided relatives and friends. It is when you leave here especially that this exhibition of backbone is needed, as it is not always agreeable to use a sputum box in public, and a great many are weak enough to swallow their sputum rather than offend the so-called esthetic sense of some friend or acquaintance. This practice of swallowing sputum is wholly without excuse, and one I wish to condemn emphatically. Always remember what you have learned in your stay in the sanatorium and have backbone enough to follow out.

Those who have gone out well from here will tell you just how hard it is to live as you have been taught to, but it is only the ones with backbone to ignore the advice of others than their physicians who stay well.

I trust that in addition to the three fundamentals of rest, good food, and fresh air, which I have spoken of before, I have made it plain how valuable optimism and backbone are in the restoration of your health.—*Journal of the Outdoor Life.*

THE STORY OF TUBERCULOSIS

By G. M. COOPER, M.D.

IN SIX CHAPTERS

(Continued from August number)

CHAPTER III.

TUBERCULOSIS IN CHILDREN.

"Take care of the consumptive at the right time, in the right place, and in the right way, until he is well, and not at the wrong time, in the wrong place, and in the wrong way, until he is dead."

Dr. E. R. Baldwin, a famous expert on tuberculosis of Saranac Lake, says that "The conviction has been gradually strengthened that the first infections from tuberculosis often occur during infancy and childhood. It seems probable that many of those who develop the disease in adult life have carried the latent infection since childhood, and have no recent and new infection when the symptoms of the disease appear."

While tuberculosis is not inherited, a child may inherit a weak constitution which is especially susceptible to tuberculous infection. The delicate constitution of a child naturally makes its resistant powers to all infectious diseases less than an adult's.

INFECTION IN HOMES.

When we stop and think of the thousands of ways in which infants and children of the average home are exposed to tuberculous infection, we wonder how any of those in homes where the disease is present in active form ever escape. In the first place the baby is helpless and is often put to sleep in dangerous draughts and exposed to sudden changes in weather. Often it is allowed to crawl around on the floor and scour up the dust and dirt, and to put in its mouth

everything it lays hands on. The trouble frequently is that the tired mother has so many other demands on her time that it is impossible for her to devote the time to such cares of the little one as is absolutely necessary to its safety. It is a common occurrence for the tenant class of our people in town and country to move around from year to year in old houses in which there may have been numerous deaths of careless consumptives in the past. The afflicted families move on out and other poor families, sometimes black, sometimes white, move in. The careless, and often what is worse, close-fisted owner goes to no trouble to clean up the place and dis-infect the premises, and the consequence is that the children soon are exposed to this virulent infection, and our high death rate from consumption stays up. When we reflect that there are this minute one million people in the United States alone who are sick with tuberculosis NOW, it is time for all of us to bestir ourselves at least at the fountain head of our civilization—our child life.

INFECTION IN THE SCHOOLS.

Whether in town or country, the home influence on a child's health is most important. The mother's responsibility lies in seeing that her child has proper food, prepared as it should be, because the greatest good comes to it from plain, easily digested, nutritious food. She should know that rest for the growing child is just as important as play, and that children need quiet, restful sleep, sunshine and fresh air. Properly ventilated rooms

are just as important at night as during the day.

But no matter how perfect the environment the child may have at home, it is the parents' duty to follow their child to school and see that conditions there are as they should be. And here begins the responsibility of the father, and as a taxpayer it is his duty to first provide suitable funds for the proper kind of schoolhouse and intelligent, capable teachers, and then to see that his child is not forced into an overcrowded, poorly ventilated, overheated schoolroom, and forced to breathe foul and perhaps polluted air for hours each day. The roads to and from many schoolhouses in the country today are in such condition that it is impossible at least half of the time for children to get to school without getting their feet wet, and in a wooden building with heat furnished by a stove they cannot dry their feet, and the consequence is that their feet are wet and cold, and owing to an overheated atmosphere in the room they can only contract cold time and again.

There is a good, substantial farm house in one of our counties today in which, during the last ten years, the first wife and mother of some of the children died of consumption; a year or so later the father married again; a few years later he died, was soon followed by a sister, and last year by the second wife, all dying of consumption in that house. Five orphan children, the oldest a minor, were left, and early in January of this year one of the girls, a bright twelve-year-old child, died from one of the most virulent cases of tuberculosis I have ever seen. But this is not all. There are three of those children who certainly have the infection in more or less active form and who have been the past winter in school at one of the largest and best public schools of the county. The point is, with our present system of wooden buildings and the present

and only heating and ventilating arrangements possible in such buildings, that school may prove a veritable death trap to numbers of children in that community. I only mention this one instance; there are many others in different sections just as bad, and possibly worse.

But the serious question is, what are we going to do about it? Such unfortunate, underdeveloped and orphan children, everyone realizes, are in need of the advantages of education to aid them in their hard and unequal struggle for a living. They need school advantages far worse than the healthy children of well-to-do healthy parents. But our duty is manifold. We must realize that "the most important crop" in North Carolina is "our children."

My own humble opinion is that we should have a central Open Air School at each county seat for these unfortunate children, at public expense, in which they can be developed into strong, healthy, self-supporting men and women. Let them develop into taxpayers and valuable citizens instead of paupers and public charges.

CHAPTER IV.

TREATMENT OF TUBERCULOSIS.

In the treatment of tuberculosis the first and most important consideration is, of course, its early discovery and the individual condition of the patient. The great essentials in its treatment are fresh air, light, cleanliness, rest and wholesome food.

Dr. Lawrason Brown says that "The older a person becomes after twenty-five, the less likely is he to develop tuberculosis." And the same author also says that he believes "The most efficient methods of combating tuberculosis now at our disposal are the greatest protection of children during the first few years of life, and the maintenance, especially from fifteen to thirty years, of the individual's resistance to disease."

EARLY DISCOVERY NECESSARY.

An early discovery of the disease is absolutely necessary before a cure can be hoped for. If the disease has reached the stage where severe constitutional changes have occurred, it is scarcely possible to effect a cure, as the disease process of the lungs has destroyed so much of the tissue that it is hard for the rebuilding process to take place. However, it is not always impossible. One of the most remarkable cases in the writer's knowledge is that of a young man in an eastern county who, after having numerous severe hemorrhages from the lungs, was sent to western North Carolina, where he yet resides, and is practically well and able to hold down a responsible position in the business world. His case is an exception to the rule, and I mention it to show that with the proper treatment and surroundings there is always some hope. But the general rule is that the only safe thing is to find the presence of the disease early and bend every energy toward a cure while there is most promise. Someone has said that "the time to cure consumption is before you get it," but it is equally certain that consumption is curable if taken in time. The question naturally first arises when a patient is found to be suffering from tuberculosis, "shall the treatment be undertaken at home, or in an institution?"

About this, Dr. Sternberg, formerly Surgeon-General of the United States Army, says, "It is evident that we should discourage the home treatment of tuberculosis and insist upon legislation for the removal to sanatoria and hospitals of open cases of the disease, who are living under conditions which endanger other members of their families. Unless this is done a new crop of cases will continue to develop in the home circle of these unfortunate victims from close association with previous cases of the disease, and our

campaign for the prevention of tuberculosis will be indefinitely prolonged." My own opinion of this is that we should try and get a patient when first found to have the disease to go to a sanatorium for at least sixty or ninety days and there learn more of the nature of the disease and the best methods to follow to obtain a cure and, what is just as important, to learn how to live and control themselves in order not to be a menace to others. There they may learn what food is best and how it should be prepared, just how to arrange the matter of sleeping in the fresh air and how to regulate exercise and the thousand other details so essential to a cure. Then one may safely return home and, surrounded by natural and normal family conditions, their minds may be free from worry and there will be less cost entailed and all better satisfied to help bring the afflicted member back to health. There is no doubt but that the government should provide these sanatoria and also the means for indigent consumptives to go to them. Not long ago Congress passed a bill appropriating a half million dollars to treat hog cholera, and it went through one branch of Congress so fast that the reporters could hardly write the votes fast enough for the *Record*. But later a bill carrying the same amount for fighting typhoid and malaria was promptly sent to a committee, where it will probably stay. The moral is that politicians still regard hogs as of more importance than people. The reason may be because some men (voters) still care more for their hogs than for their children, and, relatively speaking, often provide better living quarters for their stock than for their children.

But the fact remains that it is a public problem, and I believe we have enough public spirited men and women who will soon find a way for our

unfortunate tubercular sufferers to be helped in their fight for recovery.


TUBERCULOSIS CAN BE CURED.

Let the slogan be that "Tuberculosis Can be Cured," and always remember that there is no danger from a careful consumptive who destroys his sputum properly and is cleanly in his habits.

Let the patient be given plenty of food and fresh air, and rest absolutely under the advice and direction of a capable family physician. Avoid patent medicines as you would pestilence, for they only serve to boost temporarily and always cause a concealment of real conditions until it is too late, and invariably leave the patient in worse conditions than before beginning. Save the money that would be spent for worthless patent fakes to buy food, plenty of good nourishing food, and for bodily comforts so necessary to a patient's welfare. And in this connection I want to say that as yet there has been discovered no serum which has stood the test, and until further progress along this line, do not expect any good of ANY SERUM NOW ADVERTISED TO CURE CONSUMPTION. Your own individual living habits are worth a thousand times more in curing you of consumption than all the serums and patent medicines in the world.

(To be continued in October BULLETIN.)

A QUACK'S IMPUDENCE.

HE impudence of the quack is notorious; monumental assurance is his chief asset. S. R. Chamley—or, as he sometimes spells his name, "Chamlee"—is a quack of the "cancer cure" variety. With heartless cupidity he has defrauded the sick for more than a quarter of a century. Declared a fraud by the government and denied the use of the United States mails in St. Louis, where he conducted one branch of his nefarious

business, Chamley calmly moved his offices to Chicago. From this city and from Los Angeles he has, apparently, without let or hindrance, continued to defraud the public with impunity. At different times Chamley has been exposed in *The Journal*, in *Collier's*, in *Harper's*, in the *Chicago Tribune*, and in numerous other publications; he has been prosecuted both by federal and state officials; nevertheless, he has continued to exploit his heartless fraud and today is using, as part of his advertising paraphernalia, a picture of a fifty-thousand-dollar residence, built of blood-money, wrung from the hopelessly sick. Now comes Chamley in a letter to physicians with this offer:

"I will take an oath, and do hereby affirm, that I have made nearly one-half million dollars with my cancer remedy. I am now an old man (63) and will sell it to you for only \$20, and teach you by my book and type-written correspondence to cure cancers on any part of the face and body. It is a most wonderful, strange, but fortunate combination of several medicines, easily obtained at any large drug store. I often get \$1,000 for curing a cancer, and \$300 to \$500 is very common. * * * Price only \$20 for a treatment that I have been making from \$20,000 to \$30,000 every year for many years. * * *

As might be expected the theme sustained throughout Chamley's letter is that of low, crafty cupidity. The man's character stands out in the closing sentence of the letter.

"I have just taken a \$2,000 case and a \$1,000 case, all in advance."

Possibly the human animal can descend to greater depths of depravity than that reached by the cancer quack—possibly, but not probably. Of all tainted gold none is quite so dirty as that filched from the hopeless sufferers from civilization's most dreaded scourge.—*From the Journal of the American Medical Association, August 7, 1915.*

A Word to the Wise A Warning to the Foolish

*Physicians, Midwives, Undertakers,
and All Persons Removing Bodies
from the Place of Death for Burial*

LOOK! LISTEN!!

For twenty months the Bureau of Vital Statistics has been expending about \$300 a month for postage and field agents to inform those concerned with the registration of births and deaths of their respective duties. Resort to the penalty of the law has been taken only in the most aggravated cases and where appeals were wasted on deaf ears. Ninety per cent of those concerned in the registration of births and deaths are now complying with the registration law.

A NEW POLICY

of less begging and less postage and more prompt resort to the courts will be followed hereafter. To that end

SPECIAL PROSECUTING AGENTS

are being employed in those counties with imperfect registration to indict offenders.

To our friends and enemies alike we appeal for a strict compliance with the law that we may be spared the expense and the very disagreeable but imperative duty of resort to the courts.

This is the Last Call for Delayed Certificates

W. S. RANKIN, State Registrar



The Health Bulletin

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OCTOBER, 1915

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Politics and Health

The higher ethical standards and the broad humanitarianism which have developed among large masses of the people in these recent years imperatively demand that the health and social service activities of the government shall be absolutely divorced from politics.—Hon. Chas. S. Whitman, Governor of New York, in his address at the meeting of the American Public Health Association, September 8, 1915, Rochester, N. Y.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

- No. 12. Residential Sewage Disposal Plants.
- No. 14. Hookworm Disease.
- No. 19. Compilation of Public Health Laws of North Carolina.
- No. 23. The Vital Statistics Law.
- No. 25. Typhoid Fever Leaflet.
- No. 27. The Whole-Time County Health Officer.
- No. 29. Rules and Regulations for County Boards of Health.
- No. 30. Measles.
- No. 31. Whooping Cough.
- No. 32. Diphtheria.
- No. 33. Scarlet Fever.
- Anti-Spitting Placards (5 inches by 7 inches).
- No. 37. Cancer.
- No. 39. Tuberculosis Leaflet.
- Anti-Fly Placards (14 inches by 22 inches).
- Anti-Typhoid Placards (14 inches by 22 inches).

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- No. 44. State Policy for the Control of Tuberculosis.
- No. 45. The Control of Smallpox.
- No. 46. Compilation of County Health Laws.
- No. 47. Privy Leaflet.
- No. 48. Fly Leaflet.
- No. 49. Typhoid Leaflet.
- No. 50. Baby Leaflet.
- No. 51. Rules and Regulations of County Boards of Health.
- No. 52. Malaria and What Everybody Should Know About It.
- No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough.
- No. 54. Disinfection After Scarlet Fever.
- No. 56. Tuberculosis Leaflet No. 2.

THE Health Bulletin

PUBLISHED BY THE NORTH CAROLINA STATE BOARD OF HEALTH

Vol. XXX

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No. 7

EDITORIAL BREVITIES

Begin now to inure yourself to the outdoor habit.

A sanitary school is as essential to a child's health as is a good mother.

If your child has a suspicious sore throat, the first thing to do is to 'phone for your doctor.

With the onset of cold weather, into the houses go the people; down go the windows, and up goes the death rate from the impure air diseases.

Every schoolhouse should be a model of health and sanitation. How else will children be expected to learn health lessons first hand?

Let us have volunteer teachers for open air schools. Why should North Carolina not lead in the number of open air schools established this year?

What used to be called autumnal fever, because it was so prevalent in the fall, is nothing more than typhoid fever. The unvaccinated may not yet feel safe, thinking that he has escaped typhoid fever and vaccination both this summer. As a matter of fact, especially in the country, typhoid is not rare in December, nor till after Christmas.

Now is the time to eat fruit. It is plentiful and cheap and besides it is healthful. Remember the old saying, "an apple a day will keep the doctor away." Get the fruit habit now and then keep it up throughout the year.

"More and more the people of the country are realizing that it is not necessary for children to go through a course of measles, whooping cough, mumps, and scarlatina. * * * Medical inspection and prompt and firm handling of parents as well as pupils will enable the majority of youngsters to enter and leave the grammar schools without having had to be a nuisance to themselves and their parents and teachers by various spells of preventable diseases."

WHITEVILLE'S SITUATION

A citizen of Whiteville writes the State Board of Health:

"Five cases of diphtheria have resulted fatally in this town of late."

To which the Board replied as follows:

"Five deaths from diphtheria in a town of from twelve to fourteen hundred people ought to impose upon the authorities of that town and that county the duty of a public explanation. These deaths might have been unavoidable, but there is not a health officer of any standing in the United States that would believe it for two seconds."

A fever blister will usually disappear if touched with sweet spirits of niter.

"TANLAC"

The Most Strikingly Advertised Medicine in the State Papers

NUMEROUS enquiries have come to us asking, "What is 'Tanlac'?" "Is it safe?" "What does it contain?" Another asks: "Can't you secure an analysis of 'Tanlac' and print it in the Bulletin?"

We have been able to do this. The *Journal of the American Medical Association* of June, 1915, gives the following expose of this wonderful medicine:

"Tanlac is a product of the Cooper Medicine Company, Dayton, Ohio. The controlling spirit of the Cooper concern seems to be one L. T. Cooper, who has been quacking it for many years. A few years ago it was 'Cooper's New Discovery' that was being exploited by L. T. Cooper by the free vaudeville-medicine-show route. In 1907, Cooper was operating the 'tapeworm trick' as one of his means of relieving the gullible of their money.

"'Cooper's New Discovery' contained 17 per cent alcohol and was sold as a 'tonic and system purifier.' Tanlac contains 17 per cent alcohol and is a 'tonic and system purifier.'

"During the last few months the Cooper concern has been advertising heavily and doing a big business in the Southern states and, with the help of the newspapers, has doubtless relieved the people of the South of many thousands of dollars. The claims made for Tanlac are of the usual fraudulent type: "Tanlac * * * is not what is commonly called a medicine; it is more than a medicine, being the liquid maximum strength of medicinal properties of a plant discovered by Cooper's uncle, a celebrated scientist, which plant properties, together with other ingredients, obtained their high efficiency under the personal direction of Herr Jos. Von Trimbach, a native German chemist of note in charge of the Cooper laboratory.

"Tanlac is called the magic medicine * * *

"Tanlac * * * preserves your health, gives you renewed energy, brightens your spirits, lengthens your life * * *

"Catarrh' is Cooper's catchword. As with the old Peruna fraud every ailment is 'catarrh' and the one infalli-

ble cure for 'catarrh' is, according to Cooper, Tanlac! A number of inquiries having been received regarding this nostrum, a bottle of Tanlac was secured and subjected to analytical tests.

"From the examination, it is concluded that Tanlac is probably a vinous extract containing essentially a bitter drug (such as gentian), an emodin-bearing drug (such as buckthorn, rhubarb or cascara), a berberine-bearing drug (in which hydrastine is not present, such as berberis aquifolium), glycyrrhizic acid (from licorice), flavored with wild cherry, and to which has been added a relatively large proportion of glycerine.

"The findings of the chemists indicate that Tanlac is essentially a wine to which have been added some bitter herbs, a small amount of laxative and some glycerine. In October, 1914, the newspapers of Lexington, Ky., recorded the arrest of L. T. Cooper in connection with his method of exploiting his nostrum. There were several indictments against him to one of which he pleaded guilty, the others being filed. It now seems that Dr. A. T. McCormack, Secretary of the State Board of Health of Kentucky, is asking that these other indictments be revived and the case against this quack be reopened. It is possible that this may result in some restriction of the sale of this alcoholic tonic in the State of Kentucky. There is no doubt that other Southern states whose sick are being mulcted by this concern could give equal protection to the public."

SANITATION OF THE MIND

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things.—Philippians 4:8.

NO NEUTRALITY

The battle is on between Health, Hygiene, and Happiness, as against Disease, Dirt, and Discomfort. Which are you with, the three H's or the three D's?

THE STORY OF MRS. HARRISON

Of Special Interest to All Women Over Thirty Years of Age

OHN HARRISON'S wife stood before her mirror dressing.

She was looking forward with the pleasure of an experienced hostess to the little dinner for the entertainment of three of her husband's business friends and their wives.

There would be talk about travel and the places visited during the summer, and the children at school would come in for part of the conversation.

The freshman class at the University and the girl's school in Virginia had promised the Harrisons complete domestic freedom for the first time since their marriage, twenty-two years before.

Raising her arms to adjust a bandeau something in the outline of her bust caused Mrs. Harrison to utter a little exclamation as she passed her hand quickly over the place.

Surely she must be mistaken.

But no, she felt quite distinctly a small, firm lump.

She could move it about easily, but the overlying skin had a tendency to move with it instead of slipping about in the natural manner. There was no discoloration nor was there the slightest pain.

Lillian Harrison was a woman of poise and intelligence, but her discovery shocked her. How long she had harbored the little growth she could not imagine, but there it was and—her guests would soon arrive.

Whatever might happen tomorrow, she would play the game bravely to-night.

Promptly at the beginning of the consultation hour Mrs. Harrison entered the room of her old friend and medical adviser, Paul Wharton.

On learning the cause of the visit, an expression of gentle seriousness came

over the face of the physician and there followed a few searching questions.

The absence of any form of malignant disease in the family of his patient was already known to him.

Her appearance of blooming health, together with the intimate knowledge of his patient's history, made it unnecessary to waste words.

After what seemed to her an absurdly superficial examination the physician announced his opinion.

"My dear girl," he said, "you have shown your customary good sense. Delay would have meant added anxiety and possibly danger. I am not sure as to the exact nature of this—let us call it irregularity—but I do know that we must not waste our time in guessing. My friend, Dr. Hal Miller, will undertake the proper treatment."

Poor Mrs. Harrison's alarm could not be hidden as she recognized the name of an eminent surgeon, and the sharp-drawn breath and slight tightening of the lips were not lost upon Wharton.

"Miller," he continued, "is a man of wisdom, sympathy and skill. Strange as it may seem to you, there will be no pain, no sickness. Nitrous oxide, our old friend, 'laughing gas,' has done away with the discomforts of ether, and the relief when you find that it is really 'all safely over' will do much to make you forget the natural worry and fear through which you have passed."

Eight years later. Snatch of conversation between Miss Mary Ashe and Mrs. George Tompkins, at the wedding of Miss Ruth Harrison:

Miss Ashe: "How happy and how young Mrs. Harrison looks today. She might be taken for Ruth's sister."

Mrs. Tompkins: "Well, why should not she? She has a husband and children who adore her; she hasn't a care in the world, and I'm sure she's never been ill in her life."

The little story you have just read is that of a woman who was cured of cancer of the breast—one of the most justly dreaded of diseases.

You think, perhaps, that the case is an exceptional one. So it is, because the patient was exceptional.

The pity of it all is that information and education about cancer are not universal.

That instead of knowledge there is superstition.

That precious time is wasted in the worse than useless quack treatments which promise cure "without the use of the knife."

So that when the sufferer does finally come to the surgeon she comes as a last resort, too often hoping or even expecting him to accomplish the impossible.

Only think! In our country about seven thousand women suffer and die in a single year from this deadly malady: seven thousand out of a total of at least seventy-five thousand deaths from all forms of cancer.

And remember, too, that in every case there was a time when the disease was curable, though unfortunately it is not invariably discovered in this early stage.

Surely we should not overlook the timely warnings which Nature nearly always gives.

Any lump or unnatural hardness in any part of the breast or in the armpit, or any reddish or brownish discharge from the nipple with or without soreness, should receive instant attention, and should be brought to the notice of the family doctor.

And especially is the painless lump to be feared, for the breast cancer in its earlier stages does not compel notice by painful sensations.

Of all the cases of cancer in this part of the body only about one-eighth are in women under 35, though the disease has been known to occur in children under ten.

When we speak of a lump or an unnatural hardness it means that cancer of the breast need not be accompanied by an actual increase in size, but may show itself as a hardening and shrinking of the breast with indrawing of the nipple. In such cases the pores of the skin over the location of the disease become very pronounced, so that the appearance is much like that of pig skin. In the beginning there is no redness or other change of color.

The discovery of any one or more of the signs or symptoms which have been here described should be followed by a timely visit to a physician in whom you have perfect confidence. He will determine the necessity for further counsel.

Do not handle or irritate the affected part, but do exactly as your doctor advises.

Be assured that no one more earnestly desires you to be cured than he.

Now, all this does not mean that people are to make themselves miserable and nervous by looking for trouble. And it does not mean that because some one in the family has suffered from cancer you are in more danger than other people; and, contrariwise, remember that Mrs. Harrison had no family history of malignancy—a term which means cancer in some form.

The unfounded fear of cancer will cause many of the symptoms of the disease. Like the baldheaded man who caught cold from sitting under a window which he thought was open, a woman has been known to worry forty pounds away on account of a lump in her breast which, removed by a simple operation, proved not to be cancer—and the forty pounds came back with the relief which followed.

Cancer of the breast will be permanently cured if it is extirpated before it has spread beyond the place where it began.

It becomes constitutional if it is neglected.

Any woman may be attacked by cancer of the breast. A mother nursing her child is not immune.

Pain comes late, but it does not mean that the case is hopeless.

"IN THE EARLY TREATMENT OF CANCER LIES THE HOPE OF CURE."—*American Society for the Control of Cancer.*

IMPORTANT FACTS ABOUT DIPHTHERIA

In reply to what is necessary to be done in case of diphtheria, whether it be an individual case or an epidemic, we would say, first, *act quickly*. The necessity of promptness in suspecting diphtheria, in diagnosing it, and in treating it, is obvious and needs no discussion, except to say that for every minute that the treatment is delayed the patient's chances for life are greatly diminished. The danger of further infection, on the other hand, increases.

We would say, second, *put the case in the hands of a physician*. If your child has a suspicious sore throat, the first thing to do is to 'phone for the doctor and put the case in his hands. Everybody knows that antitoxin is almost a specific against diphtheria, provided it is given early enough and in a sufficient amount. This is the doctor's business. He knows the nature of the disease, its symptoms and treatment, and above all, where to secure antitoxin on very short notice; therefore the case should be left to his better judgment. Instead of doing this, however, some people, not knowing the importance of these two facts—that in diphtheria delay is fatal, and that only physicians should administer the antitoxin—write to the State Board of Health and request that antitoxin be sent by return mail with directions for using it, for three or four children. Just recently two requests have come from Surry County to send antitoxin for about seven children by return mail—

a distance of about 200 miles. Poor little children! Theirs is a great risk.

Another fact to be emphatically stated is that *antitoxin is not sent to laymen* from the State Board of Health, unless so ordered by physicians. Therefore a further delay necessary for the correspondence is added to the above. This is an unfortunate situation, but it will never be any better till our people learn the principal facts about diphtheria and other contagious diseases.

WALK

Walk. Walk somewhere every day. Walk for pleasure. Walk for exercise and health. Walk in the woods and fields, to your office, to your work. Walk somewhere — anywhere — every day and enjoy it while you walk.

Get the walking habit. Make it a hobby, and if you like, ride it, but don't get the habit of "going on wheels." Wheels are not healthy; they are expensive; they get you there more quickly, perhaps, but you are not in as good condition as if you had walked.



• EXERCISE • IN • OPEN • AIR •

Few parents have any expert knowledge of medicine or hygiene and this is why the state or the city assumes the right to look after and protect the health of the people.



PUBLIC HEALTH AND SANITATION



CO-OPERATIVE SCHOOL AND HEALTH WORK

State Board of Health Plans Health Days With Schools and Explains Work of Medical School Inspector.

FOR a county appropriation of \$10 for each school in the county the State Board of Health agrees to arrange, through the county school authorities and with the teachers, a program of consecutive Health Days for each school in the county. Health Day will be carried out in each school as follows: Two weeks before Health Day the principal of the school receives from the State Board of Health a batch of handbills announcing a date and program for Health Day. The handbills will also carry an invitation to the patrons of the school to attend the exercises. The teacher distributes these notices through the children to the school community. The representative of the State Board of Health arrives at the school at 10 a. m. on Health Day. He makes a fifteen-minute talk to the children and visitors on the importance of a knowledge of the laws of health. He then makes a medical inspection of the pupils and gives each defective child a card to take to its parents, notifying the parents of the nature of the defect and urging the parents to see the inspector after the evening exercises. The inspector mails a report of the inspection to the State Board of Health, which, through a system of follow-up letters, keeps in touch with the parents of the defective children until they are treated. The inspector then questions the children after the manner of the old-time spell-

ing match on a health catechism, which has been supplied to the school in sufficient number at least one month prior to Health Day. The Health Day exercises then adjourn until 8 p. m., at which time the exercises are resumed.

The evening exercises consist of from three to four short illustrated lectures by the inspector on the more important subjects of sanitation, interspersed with the reading of selected compositions by the school children. The last item on the program will be the awarding of prizes, the first for the best knowledge of the catechism and the second for the best composition on some health subject. The inspector will grade, score card manner, each school on the excellence of its showing on Health Day.

When this county unit of health work is completed, a county prize will be awarded to that school giving the best coöperation in the work; a county prize will be awarded for the best composition, and another prize for the best knowledge of the health catechism. The inspector can handle one rural school a day. It will require two or three days to handle some of the larger schools. In the first county to adopt this unit there are fifty-seven schools, which will require a program of practically three months. The inspector will have very hard work for five days in the week, like all school teachers, but like them will have Saturday and Sunday to rest. This unit of health work couples medical inspection of school children with the sanitary instructions of the entire community, young and old alike—the young through the catechism, compositions, and lectures, and the old through the

lectures—but most of all through the help the children will demand of their parents in learning the catechism and preparing the compositions.

PUBLIC HEALTH NURSING

Visiting, school and tuberculosis nursing offers a most attractive field, both to the social organization or municipality wishing to rout out the sources of disease and to secure better living conditions in any community and to the woman who wishes to make her own living and at the same time to be of real service to humanity—one who is looking for something which appeals to an ambitious, intelligent and sympathetic woman with good red blood in her veins.

A book could be written on "What The Nurse Means to a Community." It would emphasize the economic saving no less than the many phases of the great humanitarian side, with which the economic side is inseparably linked. An efficient public nurse means a saving of money to any community. This applies to the city of 5,000 as much as to the metropolis, and is indisputably evidenced by the experience of Wisconsin cities. Every city will profit by employing a nurse.

But not every nurse should go into the work. As the pay is regular and assured each month, it is perhaps more satisfactory than private nursing. There is probably no other vocation in which a woman can be of more real service. It is attended with a variety of most interesting experiences amongst all classes of people. It is a fine work for a woman with a sympathetic nature. It is only for the woman, however, who is willing to do hard work, entailing labor and sacrifice and hard work.

But as a nurse wrote: "The opportunities are boundless. One continually grows deeper and deeper into the work. If the output is heavy, so are the returns."

THE MEDICAL INSPECTION OF SCHOOL CHILDREN

DR. R. C. HOLGATE, Livingston, Mont.

Medical inspection as we have grown to think of it interests itself mainly with the oversight of school houses and play grounds, caring for heating, lighting, seating, air space and toilet facilities along with a search for communicable diseases, all of which are eminently essential to the welfare of the rising generation, but falling a long step short of the high mark of perfection.

Medical examination takes up the job where inspection laid it down. It investigates the youngster's ventilating system to ascertain whether or not his air shaft is obstructed by adenoid vegetations. It examines the windows of the soul to determine whether they are seeing things at which they look, in their true proportions, or whether they are overtaxing the brain—waking or sleeping—to make out if there are two teachers where there should be but one, or if there is only one apple where there ought to be three. It sounds the chest to learn if tuberculosis has taken captive one lung, leaving the mighty responsibility of a life work on its unassisted neighbor. It listens to the heart and finds whether a hundred horse power engine is moving smoothly along with a seventy horse load or if a seventy-five horse power engine is panting along with a hundred horse load. A look into the mouth tells the examiner whether the grist mill is grinding fine, thereby lightening the work of the digestive system, or are a lot of the cogs rotted out, requiring that the food be swallowed first and eaten afterwards. Medical examination will peek into the ears and tell you whether the child doesn't answer your question because the brain isn't cerebrating or because the auditory apparatus doesn't communicate the message to the brain.

Every subject that attains the dignity of a public question as a necessity has first its friends and as a fact has second its enemies. Prominent among those to object will be the fossils. They will tell you that their fathers and mothers got along without medical inspection and they were healthier than we are. There will be the crank whose shoulder is always ornamented with a chip.

He tells you that when his children need examining he will choose the physician. Just notice him and you will find that his children are the ones most in need of medical examination and treatment and the last ones to receive it. The faith healers we have always with us, their explanations are very simple, disease is an evidence of sin, children have no sin, therefore how can they have disease? Last comes the most important class of objectors, and right here we may as well set our forty-two centimeter guns for offensive, and dig our trenches for defence. Our ability to convince this class of the wisdom of the project will mean our ultimate success, our inability will mean our ultimate failure. These are the cool, deliberate business thinkers from every walk of life. They are the "have to show me will it pay" people. Every effort at reform of any kind has met with failure as long as its advocates approached it from the standpoint of humanity or sentiment and has been uniformly successful when they were able to show that it would increase human efficiency and earning capacity, was therefore a business proposition.

The results of medical inspection followed by appropriate treatment make the most interesting chapter of all. The few cases I shall bore you with are taken from my own practice, but could be duplicated many times by any physician in general practice.

A little fellow of eight was entering his second year of school. His teacher

stated that in the two terms she could not see that he had actually learned a single thing. Examination showed a mouth full of rotten teeth, immense tonsils and adenoid growths and almost complete deafness. The tonsils and adenoids were removed, the teeth were repaired, and within six weeks the teacher began to enthuse over the child's learning. We credited a good deal of this to the teacher's enthusiasm until the boy moved to another district whose teacher knew nothing about the school inspection. This teacher told the county superintendent that he was one of the brightest scholars in her class.

A girl of twelve years who used to be bright gradually fell behind until her sister of ten passed her in her studies. She also had been troubled with chronic tonsilitis and adenoids and it was decided to take them out. Some time after she came home from school and remarked, "Well, mama, I got a hundred in arithmetic today. Guess it's because I've got 'em out."

The conduct of medical inspection, if secured, will prove a matter of no small interest, and right here it might be well to sound a note of warning to the two factions that in other states have contended for the right to oversee such inspection. These are the State Superintendent of Public Health and the Department of Education. Each have well founded claims to the management of the work. The best solution seems to be a coöperative management. Certain it is that a coöperative effort to gain the desired object is wisest at present.

The examination should not be conducted by the teacher or by a nurse, but by a competent physician, paid for that purpose for the very evident reason that he alone is fitted to do the work.—*Montana Health Bulletin.*

Alcohol as a food is a joke, and a rather bad joke at that.—*Woods Hutchinson, M.D.*

THE PRESS ON THE PATENT MEDICINE FRAUD

What Enlightened Public Opinion Has to Say on the Fraudulency of the Patent Medicine Business

These excerpts taken from newspapers and magazines from all over the country, represent the progressive thought of the nation. Especially are they the voices of the editors, speaking in no uncertain terms concerning the evils of the patent medicine business and the responsibility of the press in handling patent medicine advertising.

The *Democrat* received a few days ago a proposition to publish considerable advertising matter boosting a "patent medicine" called "Nature's Creation," which is asserted in the strongest language to be a cure for consumption. The offer meant quite a sum of money to us, but we refused to have anything to do with it.

The reason for our action is that we do not knowingly advertise any article that is a fake, and we have what we believe to be reliable and authentic information that this pretended cure is a fake, a fraud, and that it will not cure consumption; therefore were we to advertise the stuff to do what it cannot, and thereby induce ailing persons to depend on a worthless nostrum until death resulted, our own skirts could not be clean morally.—*Pulaski County Democrat*.

The public is a gullible lot, and quacks flourish as a result. When they are not at hand, venders of patent medicines are. Their packages and bottles are attractive, and their advertising is done so skillfully that the readers begin to have all sorts of aches and pains. Pete Smith and Joe Cannon had the same thing. They were fully cured by our bitters. Of course the label says 50 per cent. alcohol and some opiates that the man with a pain doesn't know anything about, but Pete and Joe were cured. Thus people who would not think of tampering with the insides of their old

clocks are constantly trying to fix their own insides by pouring all sorts of nostrums into them. The course of bitters and long haired "doctors" is almost run.—*University Missourian*.

We believe that the major portion of patent medicines are more harmful than beneficial and we believe that most of the patent medicines are prepared by quacks—doctors who could not distinguish between a case of colic and the measles. The advertising matter turned out by these quacks is generally unsightly, ungodly, and certainly unwholesome, and we simply refuse to give space to the stuff.—*Minot Daily*.

If a publisher assumes responsibility for the influence of advertisements inserted in his paper, he is a party to the patent medicine frauds, just the same as he would be to the evils that result from the use of whiskey purchased as a result of advertisements contained in his publication.—*Commerce Observer*.

"Point out which of our patent medicine ads are fraudulent," says an agency handling advertising for these nostrums. We might reply by saying that so long as this agency handles advertising of such obvious and outrageous frauds as "consumption cures" and "cancer cures" it convicts itself of stupidity or insincerity in making any such request. We may answer the question, however, by saying that the whole patent medicine business is

inherently and innately fraudulent.—*Progressive Farmer*.

The *Indiana Farmer* takes pride in the fact that it has always made every effort to protect its readers by publishing only that class of advertisements that can be depended upon. Before an advertisement appears in our columns we make sure that all of the statements that are made in it can be backed up by the advertiser. As our readers know, there are a number of advertisements that the *Indiana Farmer* will not accept, among them any advertisement of patent medicine.—*Indiana Farmer*.

The *Modern Woodman* has no advertising space to sell to the proprietors of patent medicines. Every month the editor rejects thousands of dollars' worth of this class of advertisements. The society's management believes the use of most patent medicines to be harmful, hence has directed that all be excluded from the advertising columns of the official paper. Perhaps not all of the so-called patent medicines are injurious, but it is a fairly safe assumption that more people are injured than are benefited by the use of patent nostrums.—*Modern Woodman*.

The quack doctor is among the most despicable of swindlers. He extorts the last dollar from the sick. He holds out false hopes. He inspires needless fears. He finds dangerous maladies where none exists. He deals in falsehood, relies on ignorance, capitalizes misfortune, teaches despair for his own profit and resorts to blackmail as a useful collection agency. He prostitutes the noble art of healing to lure in trusting victims.—*Cleveland News*.

The *Record* has occasionally accepted the advertisements of traveling "quack" physicians, but we have de-

cided to cut out this sort of business. The rates on this class of advertising are high and the pay has been prompt, but we have come to the conclusion that we have no right to put such advertising before our readers, as we believe too many of the advertisers are fakes, pure and simple. When you need medical advice, consult a reputable home physician; if they cannot help you, they will send you to some one who can.—*Bloomington Record*.

Next time you see an ad. of a traveling doctor just notice whether or not he says he represents an "Institute." If he does he's a fraud—and if he doesn't he's probably a fraud anyhow. The *Democrat* has started a movement to keep these fakers out of Linn County. It is a worthy cause—help it along. Our prediction is that the next session of the Kansas Legislature will enact a law prohibiting any such infamous frauds lighting anywhere in Kansas.—*Linn County Democrat*.

In the orderly working out of our campaign in favor of clean publications some criticism has come to light because, according to our notion, medical advertising is not legitimate.

The contention that a doctor, or the owner of a proprietary remedy, may be as honest as a regular medical practitioner is true. He may be. But if he told the truth about his service he would make no advertising profit.

No advertising doctor possesses any secret which the profession does not possess. He must make believe some unusual advantage or his advertising will not pull.


Again, sick people are, as a rule, gullible. They are discouraged, disheartened and in no condition to analyze. They grab at straws, and the main thing which medical advertisers do is to make the patient "feel better," regardless of the permanent effect on the system.

This brings about the "dope" which is so much in evidence in advertised remedies and treatments.

Standard Advertising has no criticism to make of any doctor simply because he advertises, but the facts stand out clearly that if he makes his offer in keeping with the truth he will not attract business, and for that reason medical advertising is at least 90 per cent fake advertising.—*Standard Advertising*.

SCHOOL HEALTH CLUBS

And Practical Methods of Teaching School Children Health and Sanitation

 THE school health club idea that proved so popular in a number of schools last year and at the same time proved to be probably the most practical method of teaching health and sanitation to school children, should be freely adopted by the teachers for the present school year. A health club or league should be one of the first plans made by the teacher in organizing her school or planning her work.

We have no definite plans or rules by which these clubs should be organized, but leave that to the individuality of the teacher, principal or superintendent. We will suggest, however, a few ideas for general consideration.

It is necessary that the health club be mainly the work of the children, but under the support and direction of the teacher. The officers who should be the most efficient boys and girls should have control of the sanitary conditions, not only of the room, but of the school premises also. Ventilation, temperature of room, reporting diseases (colds not excepted), personal cleanliness as well as room cleanliness and all sanitary matters should be in their hands. They should report regularly to the teacher, daily,

weekly, or at times the teacher thinks best. The club should hold regular meetings and should have specially prepared programs on various health topics as flies and mosquitoes, how to avoid tuberculosis, how to prevent typhoid, how to live healthful and normal lives. For this purpose the State Board of Health will furnish free all needed literature. Debates, essays, compositions, and varied discussions will always create interest.

The details that count most for the health of the school and the work of the club should be daily practiced, such as washing hands before and after lunch, reporting contagious diseases, borrowing pencils and drinking cups, dust on desks and furniture, and litter on the floor. The condition of the pump, well, or spring should be carefully looked after, and equally important is the sanitary condition of the privy.


Where the health club idea is not practical in a school the health officer plan will be found to work to a great good. The health officer or sanitary scout as he may be called should serve for a week or a month perhaps at a time and it should be his duty to look after the health conditions of the school inside and out and report regularly to the teacher or superintendent. No school should be without some plan of health instruction that should call for daily application.

Who would assume the responsibility of estimating the future of any infant, though born in a manger? Who can tell what the loss to the world would have been had these babies died: Baby Washington, baby Lincoln, baby Edison, etc.?—*Chicago Health Department*.

Remember that the baby is the helpless member of the family. It cannot speak for itself. It needs the best of care and attention all the time.

THE STATE'S LARGEST INTEREST

The Conservation of Public Health

 HE public health of the inhabitants of a state is without doubt the largest single interest with which a state needs to concern itself. Expressed even in commercial terms, it exceeds all others. Disease, ill-health, insanitary public conditions, cost more than any other form of public neglect. The conservation of the public health is therefore the largest interest to which the state must give its attention.

Our American commonwealths have begun only within a very few years to be conscious of this problem. In a few states steps have been taken to deal with the problem in orderly and efficient form.

The present demand for an effective organization of public health agencies arises out of the progress of what we call, today, scientific medicine as compared with what twenty-five years ago was empirical or sectarian medicine.

The rise of preventive medicine and the enlargement of the state's function in the conservation of the public health is rapidly bringing about a change of attitude in our whole social and eco-

nomic treatment of disease and ill-health.

In the past the care of the sick poor has been a matter of charity; the obligations of society no less than the ideals of Christian service have urged civilized men to continual effort for those suffering from illness who are in want of the necessities of life.

This obligation and this service will not cease, but the vista which preventive medicine opens up enables us to anticipate a time when a large share of the suffering and disease which now falls to the lot of the poor will be prevented when the conditions of living will be more wholesome, when the need of charitable service will be limited to those cases which no preventive measures can safeguard. The entrance of the state into the great work of health preservation, while it will not be a substitute for private philanthropy, will nevertheless relieve much of the suffering to which private philanthropy has hitherto ministered, and it ought to diminish in an ever increasing measure the suffering and the misery of poor and rich alike. This is one field of human endeavor in which an ounce of prevention is worth many pounds of cure.—*University of California Bulletin.*

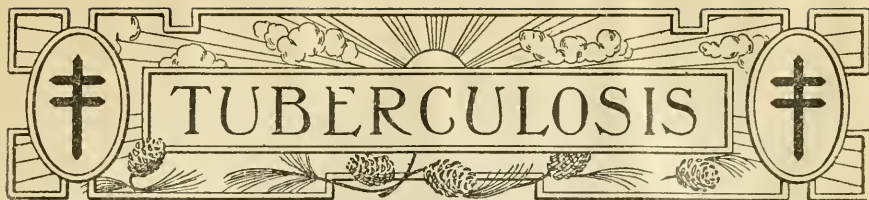
THE WAY INDIANA DOES IT

COMPULSORY MEDICAL EXAMINATION of school children was endorsed by the Convention of County Superintendents which held its annual meeting in the House of Representatives at Indianapolis, June 17, 18. The resolution was as follows:

Whereas, The health of the school child is paramount, all progress and improvement being dependent upon health, and

Whereas, Actual experience in medical inspection has shown that 60 to 80 per cent of school children are handicapped by physical defects and disease, therefore be it

Resolved, By the Annual Conference of County Superintendents that compulsory medical examination of school children should be instituted. We therefore recommend to the 70th General Assembly of the State of Indiana that medical inspection and proper health care of children by parents be made compulsory.



FALSE IDEAS

Preconceived Opinions Pertaining to Tuberculosis

By CHAS. HARTWELL COCKE, M.D., 'Asheville.

RECONCEIVED ideas die hard, and there is no more general preconception than that of hereditary influence in tuberculosis. Modern medicine no longer believes in the *direct* hereditary transmission of the disease (save in most rare instances, and these only sufficiently often to be of interest in the pathological museum), but it does teach the transmission of an *hereditary tendency* to the disease, a *lowered* or *weakened resistance* to the invasion of the exciting cause with which all readers of the *Journal* are familiar, *plus the environment* in which the disease is contracted. Tests show that so many people are infected with the tuberculosis organism, whether showing evidence of an active disease or not, that it seems almost inevitable that the vast majority of cases have suffered a childhood infection. When we think of the numerous possibilities for this infection as the child plays on the filthy floor or in the dusty street, as he is taken in street cars, into public places, ill-ventilated and scarcely if ever sunned, all of them germ laden by some careless cougher, sneezer, or spitter; when we see the child as he has his nose and mouth mopped with the infected handkerchief of a careless parent, this fact of almost universal infection seems reasonable. I shall not attempt an enumeration of the various opportunities the child has of picking up the infection, but I think I have said enough to show that it is

not necessary for childhood infection to presuppose the presence of a definite case of tuberculosis in the family. The presence of such a case of course at once turns our suspicions in this direction.

Contact infection is not so rare among adults, moreover, that anyone with tuberculosis can dare relax a moment those safeguards due to his family and neighbors—and yet so insidious, so chronic, so slow-moving is the disease in many instances, that we can seldom if ever discover the source of the actual infection. Hence the satisfying thought, "There has never been any tuberculosis in our family," is one of the most deceiving of comforting thoughts. There does not have to be any previous case of tuberculosis in your family for you to have it. This should never be forgotten.

Another false idea obtains as to the type of chest most likely to be the subject of tuberculosis. Formerly we thought of the "phthisical" chest and viewed with suspicion only the narrow, flat or thin-chested folk. Careful observations by numerous observers have disproved the idea of the freedom of well-developed chests from the disease, and we see daily strong, athletic types just as often victims as their physically less favored brothers. And so another error must be sent to limbo: *No chest or type of chest is immune to tuberculosis, inherently.* Consequently, when the first evidence of feeling under par comes to one, he cannot, he must not, soothe his anxiety with the thought that because there has never been any tuberculosis in his family and because his chest is of the robust type, he can not have tuberculosis. So far as I

have been able to observe, there is no set and definite rule to determine the place where lightning will strike—nor is there with tuberculosis.

Another potent cause of the failure to seek medical advice is the fear of being told that one has tuberculosis, a fear founded like so many others on ignorance. This lack of knowledge is slowly being overcome by systematic education of the public to know what to expect of tuberculosis, if taken in hand sufficiently early. The sudden eclipse of life's bright prospects as the doctor pronounces the solemn words of confirmation of the diagnosis is the story one often hears. It should be a story of thankfulness that the disease has been discovered when there is every reason to expect a return to working efficiency if not of complete restoration to health. The optimistic hopefulness of all known tuberculous cases is so universal, once the attempt at arrest is seriously undertaken, that one wonders why there should be so much fear of having the discovery made early. True, getting well frequently, almost uniformly, involves so much of sacrifice in the matter of money and time; of the severance of home and business ties; of the giving up of long established habits of living, etc., that the fear is but a natural reaction of human nature, the longer delayed, however, the greater the cost of getting well and in a diminishing ratio the chances of so doing. My point is that you should not fear being told early that you have tuberculosis. Your great fear should be that you are not told, or do not seek to be told, till the disease has made such headway that you can only be patched up, and not be made well enough to return to your home and business.—*Journal of the Outdoor Life.*

If babies are worth while, they should have all the attention they are worth.

FREE EXAMINATION AT THE SANATORIUM

The Public Has Only to Write for Engagement



It has been the custom of the State Sanatorium for the Treatment of Tuberculosis to examine free of charge all suspected cases of tuberculosis who so desired and presented themselves at that institution. There has been up to this time no restrictions as to the day or hour for these examinations given to the public, but owing to the large number who are now taking advantage of this opportunity, a few restrictions have become necessary.

From now on, in order to get an examination for diagnosis, it will be necessary to write the State Sanatorium, Sanatorium, N. C., and make an engagement, as only the morning hours will be given to this work. Otherwise a person may find on arriving that the day is full before him, which will necessitate his returning home and making the trip again.

HOOSIERS AGIN IT, TOO

Two hundred Indiana health officers in a recent conference passed unanimously a resolution declaring that health officers and physicians should join in the campaign against alcohol. Among the facts leading to this resolution are quoted these: Decreased use of alcohol means less tuberculosis, poverty, dependency and imprisonment; increased use of alcohol means impaired vitality of children (drinking mothers lose twice as many babies as do non-drinking mothers); feeble-minded children; poverty; impaired mind and muscle.

That man is very improperly educated who has not been educated to keep his own bodily machine in proper order.

THE STORY OF TUBERCULOSIS

By G. M. COOPER, M.D.

IN SIX CHAPTERS

(Continued from September number.)

CHAPTER V.

PREVENTION OF TUBERCULOSIS.

The National Association for the Study and Prevention of Tuberculosis says that the disease may be prevented by:

1. Teaching the consumptive to destroy his sputum.
2. Teaching people not to sleep, live or work in dark or badly ventilated rooms.

7. Advocating fresh air, out-door life, sunshine, rest, no overwork, wholesome food, temperate habits.

The above summary practically covers the ground on prevention of the disease. We should teach the consumptive to observe the Golden Rule and so live and act as he would have the other person do, were the other fellow consumptive and he himself well.

We should teach the well that it is blind selfishness not to say cowardice



• DON'T GET "RUN DOWN" •

3. Teaching the consumptive how not to infect his family or neighbors.

4. Discovering the disease in the early stages and curing the patient, thus removing the source of infection to others.

5. Educating the community as to the nature of the disease—that it is communicable, preventable and curable.

6. Educating people to keep their bodies in such physical condition as to enable them to resist the germs.



• DUST CONTAINS GERMS •

to avoid those who are sick, but at the same time impress the fact that it will do no good to any one, and may do infinite harm to be careless in regard to taking precautions when around a patient ill with tuberculosis. We also want to remember that the children are many times more susceptible to infection than those of more mature years, and we should do all in our power to keep infants and children from exposure to the disease at all times.

WHAT IS BEING DONE TO PREVENT TUBERCULOSIS.

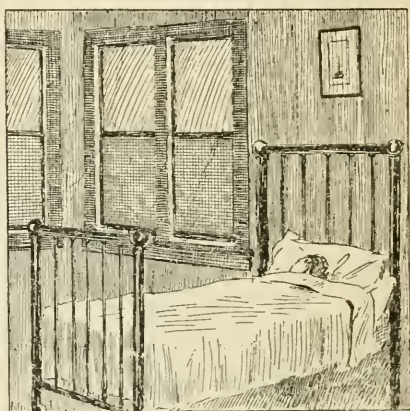
The above discussion is in regard to what may be done in its prevention; now the question comes to us all what are we doing to stop the spread of this "Great White Plague"? That many earnest men and women in all parts of the civilized world are doing all in their power to fight its spread is a well-known and hopeful state of affairs. But we could all do more than we are doing. There are in the

thousand people who die in this country every year from the disease that the loss to the patients themselves and to others by sickness and death amounts to at least one and a quarter billion dollars. Seven life insurance companies in New York City alone paid out in death claims in 1913 more than eleven million dollars! And every one knows that a life insurance company seldom ever issues a policy to anybody with the least bit of a tuberculosis history.



• REST WHEN TIRED •

United States at present over thirteen hundred associations and committees organized to fight this disease. Over five hundred sanatoria and hospitals, four hundred special tuberculosis dispensaries, and over two hundred open air schools for tuberculous children. Nearly twenty million dollars were spent last year in the treatment and prevention of tuberculosis in the United States by organized efforts working through associations, state and municipal governments. Professor Irving Fisher of Yale University says that after a most careful and minimum estimate of the economic cost of tuberculosis to the United States annually on account of the sickness and death of the one hundred and sixty



• SLEEP WITH WINDOWS OPEN •

CHAPTER VI.

HOW THE PEOPLE OF NORTH CAROLINA CAN HELP STAMP OUT TUBER- CULOSIS.

In certain sections of the United States where the fight on the disease has been waged longest the death rate in the last generation has decreased as much as twenty-five per cent. What has been done in other localities through systematic coöperation can be done here.

In the first place, the doctors, the ministers and churches, the teachers, the parents, the children, every one must resolve to learn all about the disease possible, and then to tell that knowledge to some one else, remem-

bering that "What you yourself do for your family and friends, you can get others to do for theirs." No one citizen or group of citizens can abolish tuberculosis from North Carolina, neither money nor action by public officials can stamp out this disease, unless supported by all classes of people. The committee on tuberculosis of an organization in New York City has the following in one of their pamphlets which goes to the bottom of the question and is one means that we can carry into effect right here at home:

"SAVE THE CHILDREN IN TIME."

"In behalf of the families where an older person has tuberculosis one or more of the children contract it from them. You can have your children examined by a doctor if you suspect they have the disease. You can see that their teeth are kept in good condition and are cleansed thoroughly every day. You can teach your children to sleep with the windows open, to eat proper and nourishing food, and to observe the laws of health. You can keep them in the fresh air and sunshine as much as possible and **NOT ALLOW THEM TO BEGIN WORK AT TOO EARLY AN AGE.** You can teach them to put nothing in their mouths except food. The protection of the children is the greatest means of preventing tuberculosis."

Everyone in North Carolina felt a thrill of mingled grief, sadness, shock and patriotism run through them some time ago when the news of the death of the six American marines in Mexico was flashed over the country. But no one gave a moment's thought to the message sent out from Raleigh a few days later stating that there were somewhere in the neighborhood of twelve hundred deaths in North Carolina from tuberculosis for the first three months of that year. In the late Spanish war no braver officer ever carried a sword than Major Matt R.

Peterson who died in Cuba from yellow fever, died in the ranks while serving his country, and died like a soldier. No monument marks his memory on the capital green. On the other hand the name and fame of Ensign Worth Bagley, who was shot and killed in the same war, will go on gathering laurels to the end of time. Both men died like the heroes which they were, but the name of the one deserves to live in the memory of North Carolina people just as much as the other. But will it? Certainly not. One death was spectacular the other was not, hence the difference. Tuberculosis and yellow fever and many of the other deadly diseases are preventable, so is war. And will be prevented when enough people in enough places in the world make up their minds that they shall be prevented.

Some two or three years ago the writer in making a report to the County Board of Health of a certain county recommended the building by the county of three or four small open cottages on the county farm at very small cost so that a small number of our people could be cared for there and, taken in the beginning of the disease, could be greatly benefited and in many instances saved. And these patients who are not able to go a distance to a sanatorium could go there and be taught some of the helps to a cure of the disease, and then could go back home and live so as not to be dangerous to their families and neighbors. The Board published the report and soon afterward I was approached by a citizen and compelled to listen to a "piece of his mind," etc., in regard to breaking up the county by taxes, so on and so forth. After he had his say I went over to the sheriff's office and found that this particular man's taxes was two dollars and thirty cents for the previous year. Since that day I am informed that two of the man's family have died from consumption, and that

their sickness and death caused a severe tax on his community, to say nothing of the danger to the community of infection of innocent people.

In conclusion, all of us can work to bring about a more intelligent understanding of the disease and how to care for the unfortunate patients and at the same time to protect the well.

Join the Anti-tuberculosis Association and help in the fight against the "Great White Plague."

A NEW IDEA FOR TUBERCULOSIS DAY

The Governor of the State of Michigan set aside the 20th day of August, 1915, to be known as Tuberculosis Day, and on this date he requested the citizens of the State to present themselves before a physician for examination with regard to the presence or absence of this disease, and further requested that physicians throughout the state make such examination without charge.

THE RIGHT DOCTOR

Here are Doctor Cabot's don'ts in selecting a doctor for the family.

"Never go to a doctor who says in advance he can cure you. He is always a quack."

"Never go to a doctor who gives you a drug every time he sees you."

"Never trust the doctor who does not give you a thorough examination."

Red eyes, a "stuffy" nose, a flushed face, a tickling cough, a sore, hot throat—these are the early signs of scarlet fever, of pneumonia, of bronchitis, of smallpox, of measles, and often diphtheria. So "all that snuffles is not colds" by any means. And to keep a safe distance from any one showing this combination of danger signals, or any part of them, will protect us from a score of dangers.

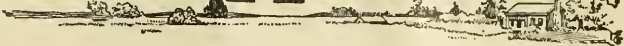
WOOD ALCOHOL—POISON

Despite unceasing endeavor to prohibit the sale of wood alcohol, this poisonous article is still used in the manufacture of quack medicines, hair-tonics, cheap whiskey, essences, etc., and every now and then some innocent person is killed or made blind from its effects. Recently three persons died and two others were made completely blind from drinking a cordial made partly of wood alcohol. It is not generally known that poisonous symptoms follow its external application, as well as from taking it into the stomach. Thus rubbing the body with it after Turkish or other baths, burning it in "alcohol" lamps, using it for varnishing pianos, beer-vats, small rooms, etc., may induce slow and often unsuspected but serious damage to the digestion, sight, and nervous system. The manufacturers of wood alcohol have succeeded in removing the unpleasant odor and taste, disguising it in this way to facilitate its sale; but its poisonous properties are still there, and this "deodorized" alcohol under whatsoever name it may be called should not be purchased for domestic use. It should be the self-imposed duty of every citizen, not only to abstain from using the poison himself, but to use his influence in bringing about a law to stop its manufacture and sale. All preparations containing this ingredient should be put in the list of poisons, and labeled with the skull and cross-bones.

Never be afraid to know the truth about cancer. Any painless lump or sore appearing upon your body should be examined by your physician. By the time a cancer has become painful the best chance for its cure has passed. But even a painful cancer can be removed permanently if it has not extended too far beyond the place where it began.



CHILD HYGIENE



BETTER BABIES CONTEST

Babies Will Again Be Feature of State Fair

ANOTHER Better Babies Contest will be held this year at the State Fair. This will be the third annual Better Babies Contest held for the State, and will this year be under the direction of the Health Department of the Woman's Club of Raleigh. Tuesday, Wednesday and Thursday of Fair week, October 19, 20 and 21, will be the days of the Contest and the place will be where it was held last year.

The conditions and requirements for entering are practically the same as those previously adopted. Any child from six months to three years old will be admitted. No entry fee will be charged. The examinations will be made by experienced physicians assisted by trained nurses. A specialist for the eyes, ears, nose and throat will carefully examine all babies and will instruct the mothers as to the especial need and treatment of her child. A full record of all the examinations will be made and kept according to the score card system, whereby every child will receive a fair deal.

The *Woman's Home Companion* of New York City is offering again this year medals and diplomas for the babies making the best scores. They will give also a certificate of examination to every baby entered and examined. The Woman's Club of Raleigh and the Wake County Medical Society will also give prizes.

Especial attention will be given this year to the deficient child—to children who are below normal physically.

Mothers will be told and instructed as to the cause and remedy of her child's defects, and thus she will come to know the requirements of a normal or standard child. This is primarily the purpose of the Contest. Its aim is not so much to seek out the standard baby as to teach mothers how to raise standard babies.

Parents desiring to enter their children will write Miss Mae Reynolds, State Board of Health, Raleigh, and will state on which day they will attend the Fair. All applications should be on file by October 14. It is especially necessary to state the age, sex and name of a child in making application.

There is a wrong way and a right way for one to use a bubbling drinking fountain. Every person should bear in mind that the object of this sanitary device is to prevent the interchange of mouth secretions. When mucous and other matter becomes attached to metal it sometimes requires considerable force to remove it, and this is not always accomplished by a slowly moving current of water. In using the bubbling fountain the rule should be "Bite the Bubble." The lips should not touch any part of the fountain and under no condition should the fountain be used for rinsing the mouth or for expectorating.

Your Society (North Carolina State Medical Society) has done more for prohibition than any other organization in the State, except the churches.
—Archibald Johnson, *Editor of Charity and Children.*

WHOOPIING COUGH

Why Should Your Child Have

WHOOPING COUGH is a dangerous, communicable disease. It is by no means just one of those minor "children's ailments" that so many people seem to consider it. It is not simply a mere temporary affliction that every child may be expected to have, and that so many mothers consider a rather good thing so that the "child may have it and get over it."

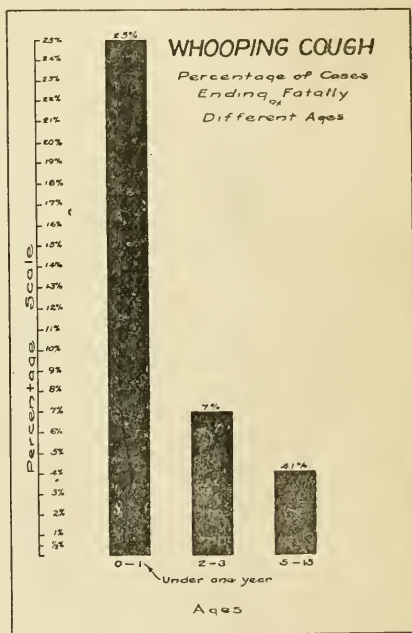
Whooping cough is a serious, dangerous illness. Of little children under one year of age, it kills 25 out of every 100 who have it; of children from 2 to 3 years of age, it kills 7 out of 100 who have it. While of children from 5 to 15 years, it kills only 4 out of 100.

The accompanying cut not only makes clear to what extent whooping cough is fatal among young children, especially among babies under one year of age, but it impresses the fact that the longer a child is kept from having whooping cough the less likely is it to be fatal with him. For this reason, if for no other, mothers should keep their children from having whooping cough as long as possible. The older they are when they have it the lighter and easier it will be for them. But how is this to be done?

The child who develops symptoms of whooping cough should immediately be isolated in its home and yard and the case should immediately be put into the hands of a physician. Children should be kept away as the disease spreads rapidly from one child to another. It is usually contracted by close contact with another, such as kissing or inhaling the spray and droplets that are thrown from the mouth of the person coughing.

In school it is usually "caught" by putting dirty fingers, pencils and the like into the mouth, or by gnawing book covers, biting others' apples or

food and by drinking out of others' cups or by using another's handkerchief or towel. Make it a rule to use only your own things at school and to put nothing in your mouth but food and drink. In the meantime stay away from coughers whether they whoop or not. Don't look upon it as a necessary evil that inevitably affects every child, sooner or later, and don't think that the sooner he has it the better it will be for him. This is far from the



truth. Children need never have whooping cough, and those who are unfortunate enough to contract it, need the same careful medical attention that is given them when they develop diphtheria or scarlet fever. With early and proper medical attention whooping cough can easily be controlled. Without it, the disease may rapidly pass from a slight cough to a state that means pneumonia and possibly death. The most serious complication of the disease is the pneumonia which frequently results from this inflammation, especially in small chil-

dren, and death when it takes place is usually the result of pneumonia rather than of the disease itself.

If your child shows symptoms of persistent coughing, has watery eyes or develops slight fevers, you had best consult your family physician. Do not wait for the characteristic whoop. While it is true that whooping cough usually results in a cough that whoops, it is by no means true that all cases of whooping cough show these symptoms. A dangerous case of the disease may be in progress without any "whooping" cough that is noticeable. It cannot be too frequently repeated that the disease needs prompt and competent attention; that it must be isolated just as diphtheria and scarlet fever are isolated if other children are to be protected; that it is dangerous and communicable and that the early case should be put into the hands of a physician.

Once a case of whooping cough is well under way there is no known cure for it. It must run its course. A physician can do very much to mitigate the coughing, the pain, the discomfort and the danger of hemorrhages or complications. The best home treatment consists in keeping the child in fresh cool moving air as much as possible, in giving it simple nourishing food as cereals, eggs, bread and milk and fruits, in rinsing out the mouth after coughing and above all in avoiding cough medicines or other patent or store medicines. They do harm rather than good.

ATTEND TO ADENOIDS AND TONSILS

Before school begins is the time to have your child's adenoids and tonsils attended to. Do not wait for the teacher or the school inspector to report the case, and send your child home for a week or two in order to have an operation. Have your family physician examine all your children now and advise what is best to be done.

Does your child hold its mouth open?
Does it snore and sleep poorly?

Does it have frequent colds and suffer with the sniffles?

Is its hearing poor?

Does it have earache or running ears?

Is it bad tempered or peevish?

Is it backward in school?

Has it swollen glands in its neck?

Such symptoms are results of enlarged or diseased tonsils and adenoids in fully twenty-five per cent of children from three to ten years of age. And often heart disease, rheumatism, tuberculosis, and other serious disorders find these diseased glands a ready open door for entrance.

Mother, get your child ready for school now. Help him to make good by seeing that he has no physical defects, such as adenoids and enlarged tonsils, that will handicap him in school.

QUININE AND MALARIA

Malaria is a very definite infection, requiring a very definite amount of quinine for a very definite time. When a man needs quinine he needs quinine, and lots of it. He needs enough to poison his tissues and his blood. He should keep up the dose and the incidental poisoning of his tissues until the malarial parasites have been killed.

A man will nibble a little quinine for any sort of an ill, but he will fail to take enough for complete cure, when he really needs quinine as in the case of malaria.

A better plan would be to follow the Davy Crockett advice of first being sure it is needed and then go the route.

The best and most intelligent schools are now beginning to excuse and send home at once every child that begins to sneeze, or cough, or run at the nose, or water at the eyes.

A Word to the Wise A Warning to the Foolish

*Physicians, Midwives, Undertakers,
and All Persons Removing Bodies
from the Place of Death for Burial*

LOOK! LISTEN!!

For twenty months the Bureau of Vital Statistics has been expending about \$300 a month for postage and field agents to inform those concerned with the registration of births and deaths of their respective duties. Resort to the penalty of the law has been taken only in the most aggravated cases and where appeals were wasted on deaf ears. Ninety per cent of those concerned in the registration of births and deaths are now complying with the registration law.

A NEW POLICY

of less begging and less postage and more prompt resort to the courts will be followed hereafter. To that end

SPECIAL PROSECUTING AGENTS

are being employed in those counties with imperfect registration to indict offenders.

To our friends and enemies alike we appeal for a strict compliance with the law that we may be spared the expense and the very disagreeable but imperative duty of resort to the courts.

This is the Last Call for Delayed Certificates

W. S. RANKIN, State Registrar



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NOVEMBER, 1915

No. 8

GOVERNOR CRAIG ADVOCATES RUNNING WATER

"If I were asked to name what, in my opinion, is the most desired utility of modern life, I would not name the railroad, nor the telephone, nor the electric light, nor the automobile, essential as they are, but I would name running water in the house. This conduces more to cleanliness and health and comfort than any other improvement that modern civilization has brought us. It can be had, too, with little cost. There is not a farmer of moderate means in North Carolina who cannot with economy have running water and sewers in his home, and this would contribute more to the health and comfort of his family than any other improvement. The house fly and the mosquito are deadly enemies of our people. They can be guarded against with slight expense. With running water and screens, any home, however humble, can be clean and comfortable and healthy, and the people who live in it will be cleaner, more comfortable and more healthy."—Governor Locke Craig, at the opening of the State Fair, October 19, 1915.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

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| No. 12. Residential Sewage Disposal Plants. | Anti-Tuberculosis Placards (14 inches by 22 inches). |
| No. 14. Hookworm Disease. | No. 41. Tuberculosis. |
| No. 19. Compilation of Public Health Laws of North Carolina. | No. 42. Malaria. |
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| Anti-Typhoid Placards (14 inches by 22 inches). | No. 56. Tuberculosis Leaflet No. 2. |

THE Health Bulletin

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Vol. XXX

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EDITORIAL BREVITIES

Swat consumption—buy Red Cross seals.

Measles often paves the way for consumption.

Your nose is Nature's dust strainer. Breathe through it.

Great epidemics from little sore throats grow.

Common sense is the best protection from colds.

Fresh air in the lungs is better than money in the bank.

The man who dreads vaccination never saw smallpox.

To avoid pneumonia—keep your windows open.

Health is better than wealth. If you had both which had you sooner lose?

A LIVE LOCAL REGISTRAR

Enforcing the Law Insures Accurate Reports of Births and Deaths

WHETHER all the births and deaths of any town, township or district are reported or not depends on the local registrar of that town or township. If he is a wide awake business man and goes after this matter, using the law and business-like methods, it's an easy job. On the other

hand, if he is afraid to enforce the law, he more than likely fails to get complete reports from midwives, physicians and undertakers, and he himself becomes a delinquent officer.

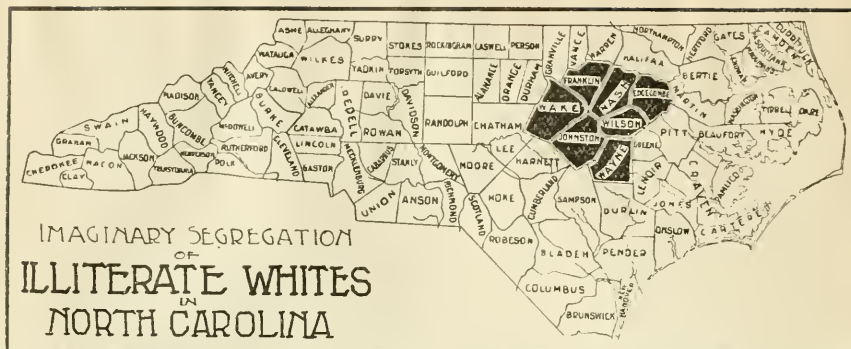
But we are glad to say that local registrars are rapidly getting on to the fact that the law is the most effective method of getting full and accurate reports.

Some recent correspondence with a live local registrar proves this statement. He wrote the Board the following:

"What course must I pursue when a midwife refuses to fill out blank and bring or send in to me, in reference to the birth of a child, also a doctor who does not report on similar cases? From my understanding of the law in reference to Vital Statistics, I have the right to arrest them and bring them before a justice of the peace and have them show cause why they do not obey the law, and if they can show no cause let them pay the penalty. Please write me at once about this matter."

The Board's answer was to the effect that the law should by all means be enforced, letting the penalty fall where it may. The result is told in the next letter from this same registrar:

"I have had two arrested and brought to court for not conforming to the law, and it put the ball to moving. It is simply amazing to note the change it has brought about in prompt and accurate reports. I have about a dozen midwives and four doctors, and if the business should continue like it has for the past two days, I would get over a hundred reports a month."



An imaginary segregation of all illiterate whites ten years old and over in North Carolina would equal the combined white population of the black counties. Think it over.

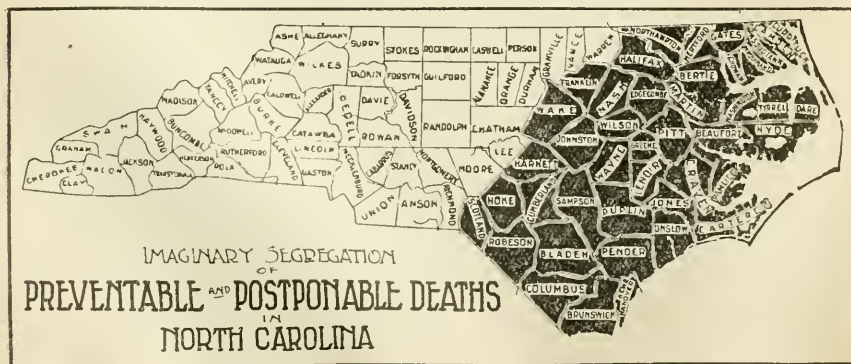
BLOTS ON OUR FAIR STATE

A Graphic Comparison of the Extent of Illiteracy and Needless Deaths in North Carolina

IF all the illiterate whites ten years of age and over in North Carolina could be collected into one place, they would equal the combined white population of Wake, Franklin, Johnston, Nash, Edgecombe, Wilson, and Wayne counties as shown in the accompanying map. This is a disgraceful blot upon the fair name and upon the character of the civilization of our State. It should be wiped out. It must be wiped out. And by the mighty arm of our present educational system

it will be wiped out! North Carolina's sons and daughters need but little longer to stand in the shadow of such a blot upon the face of a state's civilization.

If, out of the present population of some 2,400,000 souls, all those who will come to an untimely end by death through some preventable or postponable disease, as tuberculosis, typhoid, diarrheal diseases, cancer, pneumonia, scarlet fever, measles, diphtheria, whooping cough, etc., were placed over in the eastern part of the State, they would equal the combined population of the black counties shown in the second map. We think this blot should also be removed. It can be done. When shall we awake from this lethargy?



An imaginary segregation of all North Carolinians who will die of some preventable or postponable disease would equal the total population of the black counties. Think it over, hard!

PUBLIC SCHOOLS AND PUBLIC HEALTH

By GEO. H. HOLMES, Newark, N. J., President of the New Jersey State Association of School Medical Inspectors.

NO one should deny today the right of the State to undertake medical inspection. The State's interest is always the interest of the people, and not the interest of the individual alone, but the interest of the individual living and working in harmony and co-operation with other individuals.

Questions of health and vitality are questions which concern the individual at every point. He can reach neither the measure of his own possible success, nor the full measure of his usefulness to society, if hindered by disease or handicapped by a defective and

which denies the State the right to insist on the proper physical development of its people and the prevention of disease.

If medical inspection of school children is a useful means for conserving, protecting and developing the health of our children, then it is unqualifiedly the right and duty of the State to foster and develop medical inspection.

Shall we be satisfied with the present form of what is termed medical inspection? I never read or think of this term without regret, for it is a misnomer. I believe this term is responsible for retarding the progress of school hygiene, by giving the impression that medical treatment is its greatest activity and that none but

INDEED, AN ILLITERATE PERSON MAY BE LESS OF A CHARGE AND MENACE TO SOCIETY THAN A DISEASED ONE WITH ORDINARY INTELLIGENCE.

IF THE STATE HAS THE RIGHT TO PREVENT THE CONTAGION OF IGNORANCE, IT HAS AN EQUAL RIGHT TO PREVENT THE CONTAGION OF DISEASE AND BODILY NEGLECT.—*Geo. H. Holmes.*

enfeebled body. The health and vigor of each individual included in a community directly or indirectly affects all. If a community, through ignorance or carelessness, neglects the health of its children while in attendance at school, the State has the right and is duty bound to protect and help them.

We know that physical welfare and mental progress are inseparably related.

We know that if an individual is handicapped through physical defect or disease, he is thereby limited in his usefulness.

If the State insists on a proper mental development, it has a right to insist on a proper physical development.

The people's representatives in the State government should look with suspicion on any bill or movement introduced on the part of any locality

physicians can carry it into effect. Whereas, the obligation placed on a department of school hygiene is primarily educational.

Medical inspection was first instituted for the detection of disease and later defects. In every municipality of the State vast statistics have been piled up year after year. These statistics have been sufficient evidence to justify and demonstrate the need of engaging specialists to study as to how best to remove these diseases and defects already acquired, and how to prevent the recurrence of them in the same or another individual.

Medical inspection should bring about such improved school conditions that school demands will not tend to develop myopia, scoliosis, anæmia, retardation in physical growth and all the ills in its train.

Medical inspection should concern

itself with over-crowding; bad ventilation; unhygienic school desks; poor lighting; a superabundance of writing and book work; together with lack of freedom and opportunity for out-of-door games and wholesome physical exercise.

As one authority has said, "The rapid development of health work in the schools during the last two decades is not to be regarded merely as an educational reform, but rather as the corollary of widespread realization of the importance of preventive measures in the conservation of natural and human resources."

In the work of conserving national vitality we cannot rely altogether upon the progress of medical science, and upon reforms of public health administration. These measures must be supplemented by a never-ending campaign for the enlightenment of the young in matters of personal and social hygiene.

The needless slaughter of thousands, and hundreds of thousands, through preventable disease will never be greatly reduced until the public become educated in the prevention of infant mortality and morbidity, as well as in the conservation of vitality in general. *No other agency is capable of contributing as much as the public school.*

It is not enough that we pay attention to heating, lighting, ventilation and gross physical defectiveness, but also that the school and its activities shall not cause sickness and deformity. That the school shall preserve the child from all kinds of morbidity, repair his existent deformities, combat his unfavorable heredity, and the bad conditions of his environment, fortifying his constitution, and rendering him physically and mentally fit for the struggles of life.

Place medical inspection, or school hygiene, in the hands of wise, care-

fully-trained men or women, properly supervised and handled from an educational point of view, and it will be an educational agent of great moment. It will serve not only to correct faulty school conditions and practices, but to likewise correct unhygienic and unwholesome home conditions.

Especially is this true where, through the agency of school nurses, the most effective follow-up work has been done.

It will help to clean the home, to stimulate parents to give more thought and attention to the food, clothing, sleeping rooms, and general home sanitation. It will be a powerful agency for the physical improvement and upbuilding of the race.

Medical inspection is but another means to an end, and that end is the enlightenment of the public as to the ways and means of preventing disease and defects; as to the value of strong, healthy bodies; the dangers of filth, bad housing and home sanitation; poor and improper feeding; overwork; lack of a proper amount of rest and recreation under unwholesome conditions.

Great numbers of our people are yet in gross ignorance and superstition concerning matters of health and disease.

There are thousands of people in this country who will not see that vaccination does and will prevent small-pox; who will not observe the rules of quarantine laid down by our Boards of Health and Educational Departments; who will not provide medical treatment for their children for the correction of disease and defects which are retarding the school progress and preventing the normal development of their children.

The people must be educated more systematically, persistently and purposefully in sanitary and health matters.



TUBERCULOSIS

From the VIEWPOINT OF PUBLIC HEALTH WORK

Extract From an Address by

DR. J. HOWELL WAY, Waynesville

PRESIDENT NORTH CAROLINA STATE BOARD OF HEALTH

OF special concern to those interested in public health work is tuberculosis because it is primarily a communicable disease, and for the further reason it is responsible for not less than one-seventh of all deaths. Again it is undoubtedly probably true to say that not less than five of the remaining six-sevenths of our race are infected, and at some period of their lives give clinical evidence of such infection.

In the past the public health conscience has found its most ready response and its most inviting field of endeavor, focused on communicable diseases that were sudden in their appearance, violent in their course, alarming in their manifestations, and terrorizing in their community influence, such as diphtheria, smallpox, yellow fever, or cholera. A case of diphtheria occurs in a school; immediately prompt measures are taken, quarantine or isolation, search for carriers, sundry cultures taken from noses and throats, isolation, vaccination of contacts, exclusion from schools of unvaccinated children, etc. The money-cost is not seriously considered or questioned, the supreme thought of the hour being to stop the pervalence of the dreaded affection immediately. Or a case of typhoid fever is seen; at once a diligent

search is made for a possible source of infection, and every effort is made by the destruction of excreta and exclusion of flies to inhibit the advance of the disorder beyond the confines of the sick room. All of which is very right and proper, and every effort of this sort should be continued with even added zeal.

HEALTH OFFICER'S DUTY.

But what happens when a case of tuberculosis is reluctantly diagnosed (as it too frequently is) by many physicians? Now in the large majority of the homes practically nothing happens! The family is, perhaps, considerably worried, for a few days at least, over the diagnosis of the doctor, and oftentimes there is a tendency to question whether or not the diagnosis was really correct or not. Does the health officer hear of the case? No. Up to this hour only a limited portion of the people are so fortunate as to be within the jurisdiction of such a personage. But in case he is advised, does he diligently seek for other possible cases in the family? Does he give specific advice as to the disposition of the sputum? Is the patient instructed how to cough, and how not to cough? Is there further search for a possible bacillus carrier? In a few communi-

ties, Yes; but in the large majority, No! Are those things done to limit the disease, if possible, to the sick ones, that are so carefully done when other communicable disorders appear in a household?

In North Carolina in 1913 there were 48 deaths from smallpox; 36 from scarlatina; 1,464 from typhoid fever; while tuberculosis caused the death of no less than 5,448 of our people.

NOT GOOD BUSINESS.

If a bank or other commercial organization conducted its business after this fashion, watching carefully for the minor oozings of forfeited funds, while an open, undisguised leak existed, that emitted a stream annually depleting both capital and profits to the extent of fifteen per cent, bankruptcy would sooner or later ensue; and were it not for the great and splendid natural resistance kind nature has provided, a similar result would ensue to our human stock. Yet there is certainly a reason for the existence of such a situation; for this apparent indifference to the ever present peril of tuberculosis. And the rationale of the proposition apparently lies in two directions: In the first place, the onset of tuberculosis is devoid of the spectacular. It does not suddenly strike down individuals in perfect health, it is not ushered in with a chill, a rise of temperature, the development of a scarlet or pustular rash, it does not speed through the community in a few weeks leaving behind a trail of death to mark the time of its rapid career. Per contra, the victim of tuberculosis is rarely able to recall when the earliest indications of his disease become manifest; insidious, slow, a step of stealth, quietly, unobtrusively, is the march of the tuberculosis slayer of men. And this is so pronouncedly its history as written in every community, and in almost every home, that unless we read and

reflect on the statistical evidence of its baleful prevalence, we do not grow alarmed, or even appreciate its unrelenting influence. Even in its final victory, so long has the patient and hopeful victim been a sufferer, his passing evokes but scant notice, for it had long been anticipated, and the lack of unusual features, and the occurrence of the commonplace fails to attract attention and its oft repetition blunts the public sensibilities.

In the second place, it is only within this generation that our entire conception of the etiology of tuberculosis has been completely revised, and our basic theories wholly changed. Formerly tuberculosis was believed to be hereditary, nonpreventable, and as well incurable—a horrid pathological cataclysm from which no escape was possible. In the course of a comparatively few years, we have come to regard it as not hereditary, but as infectious and communicable, and both preventable and curable to a very large degree. When I say this is our conception of the disease, I wish it were possible to say that all practitioners of medicine, and all the people, too, have accepted the more advanced views, but such is not strictly the truth, and a vast deal of educational work is yet to be done. While a very great deal of this will devolve on the intelligent general practitioner, it remains in large part the work of the municipal, county or district health officer to properly develop in the masses of our people a practical knowledge of what science has evolved on these lines. But the hour of awakening is here, and more and more will it become an accepted truism that tuberculosis should be prevented by starting at the proper time, that a majority of the cases, if diagnosed and treated early should be arrested or cured, and that the occurrence of the disease in a family should be regarded, not as a nonpreventable

misfortune, but be looked upon as the results of careless and wanton disregard of known hygienic and sanitary laws whose wilful transgressor stands disgraced in the community estimation.

SOURCE OF INFECTION.

Our most noteworthy sanitary successes have come where we had definite knowledge of the character of the disease cause we were engaged in trying to suppress: witness, yellow fever, cholera, malaria. The cause of tuberculosis is now known to be a minute vegetable organism. Its methods of development and extension through a family or a community, we may more than surmise. While appreciating most fully the value of, and the imperative necessity of, maintaining a high standard of dairy inspection to ensure that our milk supplies, and more especially that fed to the babies, shall be known by frequent tests to be wholly free from tuberculosis infective possibilities, it is well to constantly bear in mind that this source of infection for human beings is a minor one when compared with that of personal contact with infected human beings in the intimacies of daily life in the same family with an infected person. Undoubtedly the chief source of human tuberculosis is from other humans. Tuberculosis is a far more common disease than it is believed to be by the average citizen, and I had almost said, than many of the fairly good men of our own guild believe.

TUBERCULOSIS CARRIERS.

A careful study of the families in which are adult cases, and childhood cases as well, will often reveal other unsuspected, or at least, undiagnosed cases. Sometimes active, sometimes inactive or quiescent, sometimes even arrested or cured cases are found unknown to the victim himself. Just as certainly as we have diphtheria car-

riers or typhoid carriers, do we also have carriers of tuberculosis infection in the persons of those suffering with tuberculosis whose vital resistance has not been broken down, or whose bodies have, fortunately for them, built up an immunity affording protection for the time at least, but which may not prevent their sometimes having open lesions in the lungs throwing off tubercle bacilli. Here we have disease engendering possibilities until recently unsuspected. These individuals, not recognized as having tuberculosis, suffer occasional attacks of various illnesses, such as chronic or acute bronchitis, malaria, atypical typhoid fever, atypical pneumonia, pleurisy, catarrhal affections of the respiratory apparatus, and of the digestive tract also, stomach disorders, liver troubles, asthma, and a variety of other affections, all possessing in common, an underlying tuberculosis basis of infection.

If we can only hasten the day of systematic and searching examination, at regular stated intervals, of all individuals, whether healthy or not, we shall succeed in making earlier diagnoses of incipient tuberculosis, and thus benefit the patient and those about him as well, by instituting correct measures of therapy at an early day, and restrain the pernicious influence of possible carriers earlier.

Both physician and medical public health officers (and while I occasionally hear of their being suggested, I remain skeptical of any medical public health officers save well trained individuals possessed of a medical education and if possible, some additional special training in public health work!) before they may stop the progress of the disease, must unlearn some of the fallacies with which we have permitted the indoctrination of the public. There should be as careful studies made to locate tuberculosis carriers as are made to ascertain carriers of

any other disease affecting human beings. All must appreciate the possible significance of the possible condition of the person who tires easily, perspires on the minimum exertion, loses weight, and is affected with a feeling of malaise, even though he has no cough, and never had a hemorrhage in his life. We must learn that expectorating into the gutter by the known tuberculosis patient, or even on the sidewalk, or in the cars, while certainly a practice to be deprecated for its manifest indecency if naught else, providing the sputum is exposed to sunlight, or the open air, is very far from being a tithe so dangerous, or carrying with it such tuberculosis infection possibility, as is the living with and intimate association with the individual with so-called chronic bronchitis, or with the thin skinny person who has stomach trouble, plus an irritable throat.

It might be well to ask today, who owns the civilized world, who controls the destinies of civilization, of science, of letters, or art, of manufacturing industry, of the varied and sundry manifestations of material and immaterial development and power, the tuberculosis folk or those who are known to be absolutely free of the presence in their bodies of Koch's bacillus tuberculosis? Which half is entitled to a fair deal? While not ignoring the remoter possibilities of infection, about which we have heard so much only recently, from inhalation or swallowing of street dust, let us not forget to stress the point that personal, intimate contact, particularly in the family, affords our greatest tuberculosis infection danger. Let us remember, too, that the trained tuberculosis subject who knows how to properly dispose of his sputum, and has a sufficiently aroused private and personal, as well as an educated public health conscience to compel his taking proper care, should be free to come and go as

he wills, without let or hindrance, as his danger to others lies where he can almost wholly control it.

When mankind fully appreciates the fact that three out of probably every four of the so-called delicate people we know, are delicate because they have tubercle bacilli, active, or inactive, latent or concealed, in open or closed tissues, though most often unknown to themselves, then we may, and doubtless will, begin to arrive in perceptive visibility of the, as yet, delayed solution of the tuberculosis problem.

Wash your hands invariably before you eat or handle food for others. You cannot see the germs of tuberculosis, typhoid fever, diphtheria, and other death dealing organisms that your hands pick up from other hands, dirty money, door knobs, and other things handled by careless people. Therefore, play safe, and wash your hands. It is a good habit to cultivate.

It is a sad reflection on human intelligence and a luminous example of the force of tradition that the preparation of food, regulation of quantity, quality and the proportions of various kinds of food in the dietary should be left largely to those wholly uneducated and untrained in knowledge of the body's needs.

Twenty-five years ago the person who cared about his health was looked upon as more or less of a crank. Now the person who doesn't take care of his health is looked upon as a crank.

Keep the children at home when there is diphtheria in the neighborhood.

Cleanliness is a mighty good sort of protection against the germs of disease.

Prevention is better than cure—and much cheaper.

PERSONAL HYGIENE



ARE WE A CLEAN PEOPLE?

Our Habits and Customs Betray Us.

WE are not yet a clean people. As a matter of fact we are hardly decent. Many of the habits and customs we tolerate and practice daily are far from clean, especially when viewed in the light of modern day cleanliness and sanitation.

We go ferociously after the trash pile in the alley as a menace to health, but quietly allow ourselves to be daily besieged by greater enemies to health in the unclean habits and practices of people about us. Not until we change a considerable number of our insani-tary habits and customs will we be-come a clean people, both in name and in reality.

The following list of disgustingly filthy habits were pointed out by a traveling man as being those almost daily observed in a day's travel:

"A waiter while taking orders will twist his mustache or scratch his head and then handle the food or the dishes before washing his hands.

"A waitress in midsummer will carry a napkin under her arm and then wipe her plate with it.

"Any day men can be seen to leave a toilet, pass the washbowl without using it, and go straight to the dining table.

"The tongue is the 'greasing post' for salesmen in every kind of food store. A baker will put his finger to his tongue and then pick up a sheet of paper and wrap a loaf of bread.

"The street car conductor adds a cer-

tain amount of filth to each transfer by licking his finger before peeling a slip from the pile.

"The grocer and the drug clerk will pick up a paper bag, open it up by blowing into it, and then fill it with candy. The breath in the bag does not add to the cleanliness of the candy, though it may change its flavor.

"The cigar dealer will blow open a cigar holder before filling it. A cigar purchaser handles many cigars before he purchases. Having purchased, he sticks a cigar in his mouth before sticking it in the common clipper on the counter. A man purchasing a pipe sucks a score or more before settling on one. Pipes in stock have been sucked by many mouths.

"Every diner in a restaurant will handle the toothpicks.

"The average man will put his fingers in his mouth a dozen times a day and in or on his nose even more frequently.

"The average man will do his sneezing and coughing first and then use his handkerchief. Some use their hands in place of a handkerchief.

"Men will pass a washbowl several times a day but it will never occur to them to wash their hands unless they are so filthy as to show the dirt."

LIVE RIGHT AND PLAY BALL

Ty Cobb, Sam Crawford, and Bob Veach, the greatest swatting trio in the baseball world today, say there's only one way to play ball every day. They are all agreed that the puritan-ical methods of living are the only

right methods and that living right is the only means by which they are able to keep fit and in the field.


Says Crawford: "The old dope: 'Early to bed and early to rise,' sounds good to me. I'm generally in bed at 10 o'clock and up at 7. That seems to be about the right amount for storing up energy for use the next day."

Ty Cobb says: "My idea of the best way for anyone, whether athlete or business man, to keep in good trim is to be careful not to eat too much or sleep too much. I always figure on getting nine hours of sleep and eat only twice a day, in the morning and in the evening. I have found that when I eat heavily I lose some of my 'pep,' and I believe that goes for everybody. I think, too, that too much sleep makes a person sluggish."

"Health is the biggest thing in life," says Veach, "and the way to have health is to live right. I think the rules that apply to ball players apply to most other people. The amount of food one eats is important. An overloaded stomach has about the same effect on a man that an overloaded wagon has on a horse."

PROPER VACCINATION

Vaccination Hints and Helps for Physicians and Patients

 COOL weather marks the beginning of vaccination season. There are two principal reasons for this: First, with the advent of cool weather even the slight chance of accidents or complications with vaccination is greatly reduced. Second, and foremost, with the advent of cool weather many people still have the habit of pulling down all the windows, shutting up all the doors even to the stuffing of the cracks and keyholes, and, so far as possible, hermetically sealing themselves up until spring. By

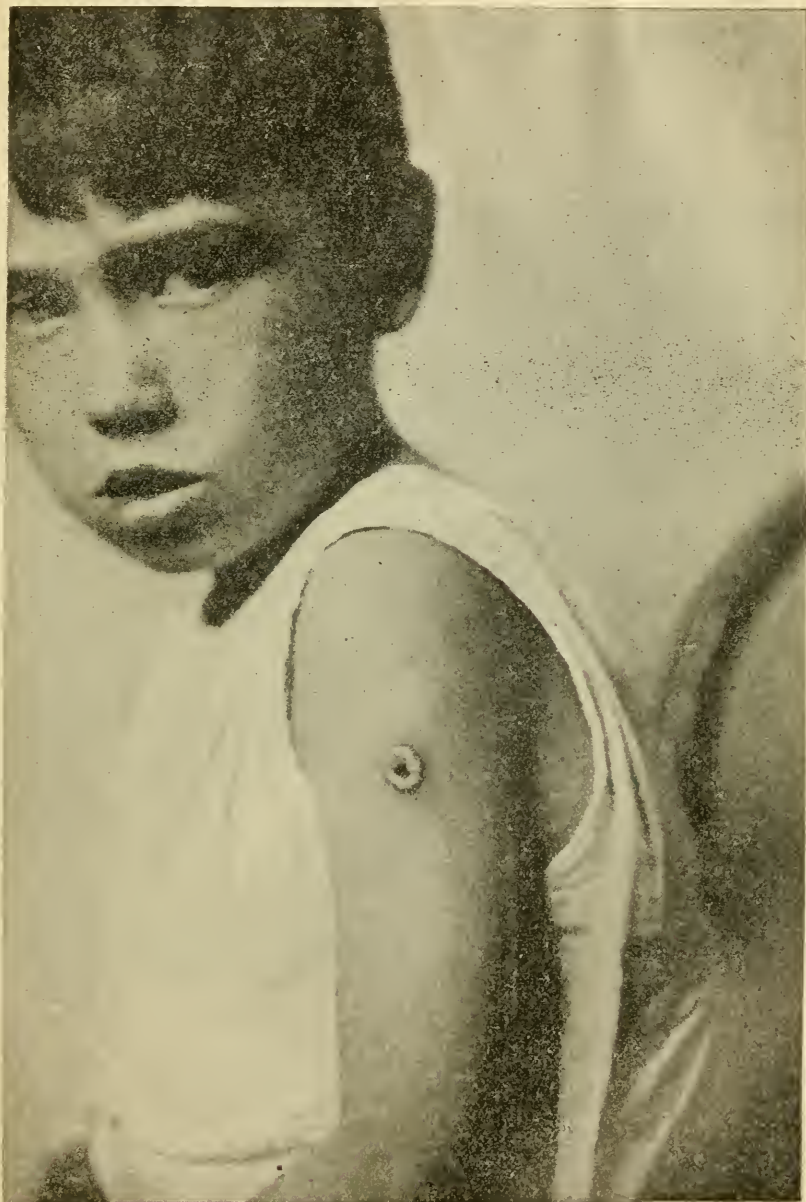
so doing the danger of spreading communicable diseases from one to another in such close quarters without any fresh air is greatly increased, and smallpox especially gets in its deadly, defacing work.

That vaccination against smallpox is practically a certain preventive is an established fact no longer doubted by any intelligent person familiar with the facts. As a matter of fact, there is not nearly so much danger from a well performed and well cared for vaccination as there is from the average trimming of a corn. As to what constitutes a well performed and well cared for vaccination, we quote from a recent article in the New York City Health Bulletin:

It is recommended that every infant should be vaccinated during the second six months of life and only when in good health; and that all persons be revaccinated whenever smallpox exists in any community. It is also recommended that vaccination be performed, in so far as is possible, between the months of October and June. The investigation of the accidents and complications very rarely following vaccination shows that they are more likely to occur during the summer months and in children who are running about.

Cleanliness is absolutely essential. The site of vaccination and the physician's hands should be thoroughly cleansed with soap and water and allowed to dry. When the child is dirty it is recommended that it be given a full bath and dressed in clean clothing.

The only instrument to be used is a new needle with a sharp point sterilized by boiling or by heating in a flame; or a scalpel or platinum scarifier sterilized in a similar manner. The needle or vaccine point prepared by the manufacturer may also be used for this purpose for one vaccination if used immediately after taking it from its original package.



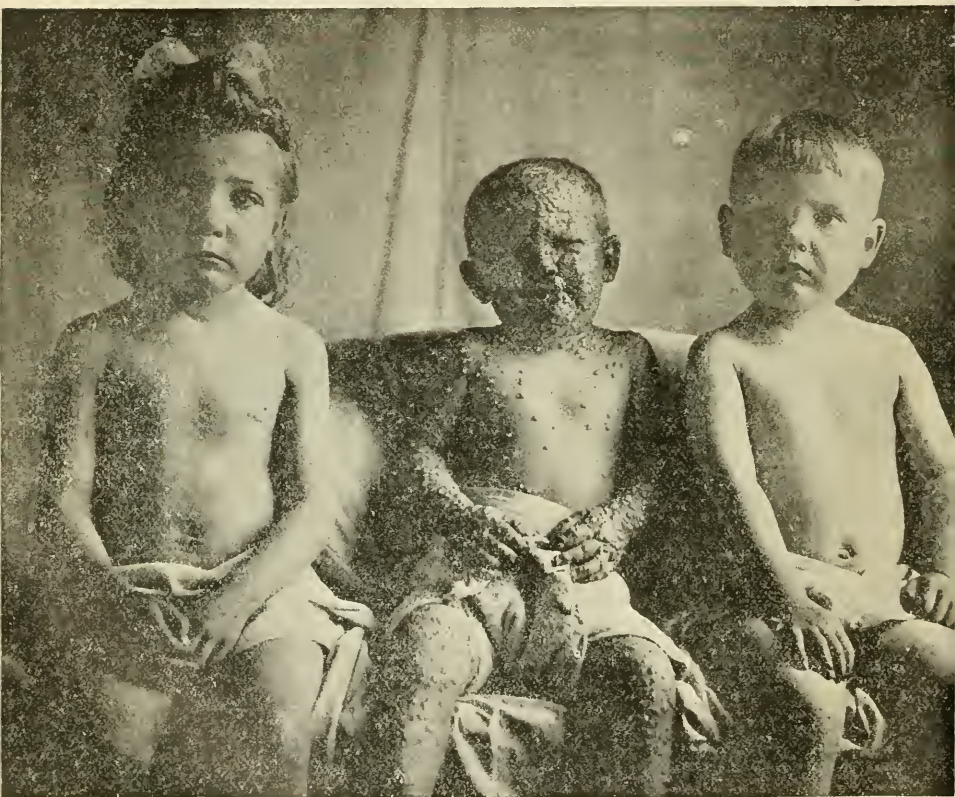
SMALLPOX VACCINATION

The usual form taken by smallpox vaccination when properly given and cared for as herein described.

TECHNIQUE OF VACCINATION.

Vaccination should be performed on the outer surface of the upper arm opposite the insertion of the deltoid muscle. The outer surface of the calf may be used, but it should be remembered that this site is more likely to be rubbed and is thus rendered more

scarification or scratch being made through the drop of virus. (*Cross hatching or more than one scratch must not under any circumstances be employed.*) The vaccination should be allowed to thoroughly dry in the air. No dressing should be placed on the arm. In the event of a "take," a



VACCINATION VS. SMALLPOX

Of these three children in the same family, the two older ones were vaccinated and, of course, did not contract pox. The baby, between the older children, was not vaccinated and contracted the disease. The older children are danger whatever of contracting smallpox, as they are protected by vaccination.

liable to infection. A small drop of vaccine is placed on the spot that has been cleansed and dried, and then with the new sterile needle, scalpel or platinum scarifier, a scarification is made, not larger than the end of a match, or a single scratch not more than a quarter of an inch long, the

dressing of clean sterile gauze or clean cheesecloth may be fastened to the undergarment to protect the vaccination. The patient must be warned not to scratch or disturb it. No shield of any variety should be used. The scab should not be removed.

If the dressing becomes soiled by

oozing from the vaccination, the physician should remove the dressing and wash the area with a sterile salt solution or with cool, freshly boiled water. When the dressing is changed care should be observed not to touch the vaccination. A fresh sterile dressing on the inner side of the sleeve should protect the vaccination as before. In the usual course of vaccination, dressings should be changed only a few times, but if there is a great deal of oozing they should be changed daily. *Never use shields.*

NORMAL COURSE OF VACCINATION.

If these directions are carried out, a successful vaccination will take a normal course, which is as follows:

For three or four days there will be no sensation, except possibly a little itching. Then a small red area forms, in the center of which a spot like a blister appears, and there will be some tenderness and redness about the vaccination area. At this time there may be some slight soreness in the arm pit and some feeling of illness. There is usually some oozing of yellowish material. The blister gradually dries up and a thick scab forms. The redness and tenderness gradually subside, and after two or more weeks the scab falls off, leaving a pitted scar. In a few cases the vaccination takes a somewhat severe course, causing more pain and discomfort than usual, and some fever.

MOUTH HYGIENE

The mouth is the seat of many of the communicable diseases. For this reason mouth sanitation is important. A clean mouth and sound teeth are big factors in protecting physical health. Oral hygiene, as it is called, is becoming an important and recognized branch of medical school inspection. It is well understood that proper care and attention given to the mouth means that the child will be healthier,

better able to assimilate its food, make better progress in its studies, and be less liable to attack from the usual epidemic diseases of childhood.

DON'T COUGH

Coughing is one of nature's methods of ridding the respiratory tract of accumulated noxious material. Especially is this true of the productive cough, or that followed by expectoration. The dry and hacking cough, besides serving no purpose, has a detrimental influence on the lungs and larynx. Coughing in many cases is due to some abnormality in the nose or throat, and in these patients the abnormalities should be corrected. The general belief is that about seventy-five per cent of the coughing is unproductive and unnecessary, and that therefore, it should be restrained.


WHY BREATHE THROUGH THE NOSE?

The nose outside of the special function of smell has another very important function, and that is respiration. The air as it goes through the nose before it reaches the larynx and the lungs becomes modified. The outside air is very seldom of the proper temperature to enter the lungs, and hence as it passes through the nasal chambers, it is warmed by the blood circulating through the mucous membranes, and thus made fit for the assimilation in the lungs. Besides being warmed, the air also acquires moisture from the secretions of the nasal mucous membrane. The nose by means of the hairs in the vestibule and its mucous membrane also acts as a filtering medium for particles of dust. This warming, moistening and filtering of the air is highly essential for the protection of the delicate structures in the lower part of the respiratory tract. In case of obstruction or diseased condition, it is evi-

dent that a patient by becoming a total or partial mouth breather will be constantly breathing improperly modified air, which by its irritation will ultimately produce a catarrhal condition in the larynx and render it a favorable site for the implantation of the tubercle bacillus. An obstruction or disease in the nose should therefore be removed or treated, and only in cases where the general condition does not warrant any active treatment may it be left alone.

CANCER

What You Should Know About It

ANCER is almost invariably at first a local disease. It is easily cured if promptly recognized and at once removed by competent treatment.

It is practically always incurable in its later stages.

THE DANGER SIGNS.

The disease usually begins in some unhealthy spot or some point of local irritation.

In external cancer there is something to be seen or felt, such as a wart, a mole, a lump or scab, or an unhealed wound or sore. Pain is rarely present.

Cancer inside the body is often recognized by symptoms before a lump can be seen or felt. Persistent indigestion, with loss of weight and change of color, is always especially suspicious.

Persistent abnormal discharge from any part of the body should arouse the suspicion of cancer, particularly if the discharge is bloody.

The early and hopeful stages of cancer are usually painless.

WHAT YOU SHOULD DO.

Fear the beginning of cancer.

Never be afraid to know the truth.

Any painless lump or sore appearing

upon your body should be examined by your physician.

By the time a cancer has become painful the best chance for its cure has passed.

But even a painful cancer can be removed permanently if it has not extended too far beyond the place where it began.

SEEK EARLY EXAMINATION.

If you notice that a wart, mole or other "mark" begins to change in appearance or to show signs of irritation, go to a physician and have it completely removed. Do not wait until you are sure it is cancerous.

All lumps in the breast should be examined. In women the normal change of life does not lead to increased flowing, which is always suspicious, as is the return of flowing after it has stopped.

MEDICINES USELESS.

Medicine which relieves pain does not have any effect upon the disease itself; it simply produces a period of freedom from discomfort and therefore delays proper treatment.

RADIUM FAKES.

The public should take warning against dishonest and fake, money-getting radium-cure establishments conducted by individuals who possess little or no radium, and have no knowledge of its use. These people promise cures, but are, in reality, unable to obtain even those palliative effects which are possible from radium.

The best results of radium therapy can be secured only when comparatively large amounts are available for use, and the present limited world's supply of this metal places it out of reach of the great majority of patients.

A MENACE TO THE INDIVIDUAL.

Cancer is of greater frequency at ages over forty than tuberculosis, pneu-

monia, typhoid fever, or digestive diseases.

At ages over forty one person in eleven dies of cancer.

One woman in eight and one man in fourteen over forty years of age is attacked by the disease with fatal results.

Largely because of public ignorance and neglect cancer now proves fatal in over 90 per cent of the attacks.

A MENACE TO THE NATION.

Of the 75,000 deaths from this disease in the United States in 1913, about 30,000 were deaths from cancer of the stomach and liver, 12,000 from cancer of the uterus and other organs of generation, 7,500 from cancer of the breast, and about 25,500 from cancer of other organs and parts.

A MENACE TO SOCIETY.

Cancer respects neither race, creed, nor social position.

It is the common enemy of all mankind, attacking rich and poor alike.

Its insidious onset occurs at the most useful period of life; and death is most common at the age when the care and guidance of children and the continuance of business responsibilities make the mother and father the most useful members of society.

MESSAGE OF HOPE.

The only cure for cancer is to remove every vestige of the disease.

The only sure way to do this is by a surgical operation.

If taken at the beginning, the majority of cases of cancer are curable.

All cases will end in death if let alone.

Records of our best hospitals prove that the chances of cure are very high with early operation, and that these chances decrease with every day of delay.

Early diagnosis is therefore all-important.

COMMITTEE ON CANCER,
MAINE MEDICAL ASSOCIATION.

FOR HEALTH'S SAKE

Don't pull down your bedroom windows at the first cool breath of autumn. Get more cover instead, and let in all the cool, invigorating air possible.

Don't come in from your summer sleeping porch the first cold night, but provide the proper covering and sleeping garments and make it an open-air sleeping porch for the whole year round.

Don't leave off the morning bath. At least, stick to the cold sponge bath all winter through and be free from colds, "sniffles," and that chilly sensation this winter.

Walk. Walk somewhere every day. Now that the weather is cooler, a walk of a mile or two should be on the daily program, as much so as the three meal hours. As a matter of fact, for most people the daily walk is more essential than the third meal.

"* * * While rigid economy in the administration of the finances of the State is essential, savings in expenditures attained through decreased efficiency in health work are not only unwise, but resolve themselves in the end into irreparable waste of the most valuable resources of the Commonwealth."

A little girl timidly asked the drug clerk for a package of pink dye.

"What do you want it for?" responded the clerk, "woolen or cotton goods?"

"Neither," said the child. "It's for ma's stomach. The doctor said she'd have to dye it (diet), and she wants it a pretty color."—*National Monthly*.

To smile upon occasion is a good habit, but no one can properly laugh without clean teeth.



CHILD HYGIENE



THE HEALTH OF SCHOOL CHILDREN DEMANDS GOOD, WELL-EQUIPPED SCHOOL BUILDINGS


Obviously it is important that the school buildings in which children are housed and the school equipment which they are compelled to use should be so designed, located, constructed and arranged as best to protect and safeguard their health.

This brings us to the first important division of medical supervision, namely, the supervision of school-houses and school equipment. No medical supervision is complete unless it is so organized and so thorough as to perform this essential function. It is of vital importance that young children while in school should breathe pure air, drink pure water and study and recite in well-lighted and properly-warmed rooms. It is also important that both schoolrooms and equipment be kept hygienically clean, and that adequate care be taken that the seats and desks are so arranged and constructed that bodies of the young children be not bent and deformed.

Disease always has behind it conditions unfavorable to health. These conditions are too numerous to mention in detail, but among the most important are foul air, impure water, unsanitary toilets and such inexcusable monstrosities as the common drinking cup and the roller, or, as the English say, "round" towel. Remove these disease-favoring conditions from the public schools and a long step forward will have been taken in the direction of protecting and preserving the health of our 500,000 school children.

MODERN HERODS

Four Contagious Diseases That Destroy 50,000 Lives Annually

 INTENSIVE studies made of measles and whooping cough show that in most urban districts fully 90 per cent of the cases of these diseases occur at ages under five years and more than 95 per cent of the deaths from these diseases occur at ages under five years. What is true of whooping cough and measles is almost equally true of scarlet fever and diphtheria. These four diseases are the modern Herods which are destroying our children by the tens of thousands year after year. During the calendar year 1913 there occurred in the registration area of the United States no fewer than 8,108 deaths from measles, 6,332 from whooping cough, 5,496 from scarlet fever and 11,920 from diphtheria and croup, a grand total of 31,858. As the registration area embraces only about two-thirds of the total population of the United States (Continental), it is probably safe to assume that if we had complete returns for the whole population the mortality from these four causes during 1913 would have shown a total of nearly 50,000 deaths. Of the total of 31,858 deaths in the registration area, 22,883, or 71.8 per cent, occurred at ages under five years; 5,640, or 17.7 per cent, occurred at ages five to nine years, and 1,328, or 4.2 per cent, occurred at ages ten to fourteen years. Of the total deaths from these four causes in the registration area, only 2,010, or 6.3 per cent, occurred at ages fifteen and over. Of the total deaths

from measles, whooping cough, scarlet fever and diphtheria, about 72 per cent occurred at ages under five years, and 22 per cent occurred at elementary school ages, five to fourteen years. In other words, considering only these four causes of death, 94 per cent of their total mortality falls upon ages under fifteen years, or upon children who are either attending school or are daily in more or less close contact with school-attending children.—*Open Air School Journal*.

THE VALUE OF A BIRTH CERTIFICATE

The Ford Motor Company Demands Birth Certificate for Profit Sharers—Baby Misses Gold Medal

CONCERNING the advantage and the necessity of having a child's birth registered, here are two cases in point.

A young man who was born in Raleigh about thirty years ago, and who is now with the Ford Motor Company, Newark, N. J., writes the State Board of Health for whatever aid they can give to help him procure a birth certificate. He says: "I must have my birth certificate and want to know how I can secure the same. I was born in Raleigh, August 17, 1885. My father's name was _____. My mother's name was _____. Being employed by the Ford Motor Company it necessitates my having a birth certificate before they'll allow me to share in the profits, as all Mr. Ford's employees do."

In this case, if this man fails to get a certified record of his birth, he will be denied the privileges of a profit-sharer in the company of which he is an employee.

The other case in point is where the failure to register a child's birth caused that child to miss the gold medal in the Better Babies Contest.

The baby scoring highest at the Better Babies Contest held at the Virginia

State Fair this year was debarred from receiving the gold medal on account of his birth not having been registered. The child's total average counted up to 99 per cent, which was one and one-half per cent higher than the baby's score who did receive the first prize. This negligence on the part of the child's parents—and its father was a physician—disqualified the child for the highest honor of the contest. The rule of the contest was that all entrants for prizes must have their births registered in the Bureau of Vital Statistics of the State Board of Health.



JOSEPH SAMUEL WOMBLE, JR.

Twice winner of the State Championship of the Better Babies Contest.

OUR MAIL BAG

Another Peep Into Some of Our Daily Mail, Together With Some of the Answers. Brickbats and Bouquets

LIKES TYPHOID TREATMENT.

DEAR DOCTORS:—Our home physician received the anti-typhoid serum and has now administered it the third time to all five of us—wife, three children, and myself. This is a matter that I have deferred for two or three years, for various reasons: among them the charge our doctors wanted to make for furnishing the serum and administering it; also an ignorant and unfounded fear of the hypodermic needle and the immediate effect of the serum upon the body, etc. I am glad to say to all who are undecided for the last cause mentioned that the hypodermic needle will not hurt equal to a briar thrust. You will never flinch from it. Forcing the serum in the arm has a warm sensation that is gone in a few minutes.

Another thing I noticed about myself in connection with the serum—with much joy—that my elbow, crippled by a strain twelve or fifteen years ago, hasn't been better since the accident happened than it was and has been since the second day after I was vaccinated in that arm. So it may have other good qualities aside from its ability to prevent typhoid.

Wishing you success in your good work, I am,

Sincerely yours for better health,
W. L. GARREN.

[No credit for the improved elbow is claimed for the anti-typhoid serum by the State Board of Health.—Ed.]

WANTED: A SAFE HAIR TONIC.

GENTLEMEN:—I look forward to my BULLETIN with a good deal of interest—especially on the subject of patent medicines, and I wonder if you will kindly give through your booklet a perfectly safe hair tonic—not only to be used for falling hair but for thin hair of young people.

The question of baldness among very young men ought to have more attention, and it seems to me that among all the preventives now discovered

something could be done for the young men who are fast getting bald.

A CONSTANT READER.

OUR REPLY.

MY DEAR MADAM:—Thanks for your very complimentary letter in regard to the HEALTH BULLETIN. I note your suggestion in regard to hair tonics that will keep young men from getting bald. You raise an important and, at the same time, a somewhat embarrassing question. You will appreciate the embarrassment of the situation when I advise you that half or more of the members of the State Board of Health are already victims of baldness, together with the Secretary, the writer, and all but perhaps one of the entire staff, and without any reflection on the Board, I am sure at least the latter still prefer to be classed as young men.

Now, while we appreciate that it would come with rather poor grace for such a set of men to even offer an opinion in regard to preventives for baldness, if you will pardon this one suggestion, it would be to the effect that we rather seriously doubt if there is in the realm of tonics, drugs or dopes a tonic or concoction that will effectively combat the masculine somewhat unhygienic habit of wearing tight, close-fitting hats which greatly interfere with the circulation of the blood to the scalp. When we men learn to wear loose-fitting caps, go bareheaded more, and give more attention to the matter of hygiene of the scalp, especially in the matter of bathing the scalp, then we believe the stigma or disgrace of baldness will be removed from our sex.

Very respectfully yours,

WARREN H. BOOKER.

IS THE LORD POOR?

SALUDA, N. C.

I must write you a few lines to congratulate you on the good work you are doing. I have only been taking the BULLETIN for three months, during which time I have learned things con-

cerning sanitation that I never knew before. Since reading your paper I have screened my entire house, and Mr. Fly is not permitted to dwell beneath our roof. My wife kills every fly that sneaks in. We have instituted other sanitary precautions and as a result none of us have had a single case of infantam or dysentery this season. Our family consists of five children. Your exposures of the patent medicine faker have also impressed me so that I have learned to not take patent medicine or allow it in my house. This reminds me of another paper I am taking, which is published in your city, the *Biblical Recorder*. This paper carries many kinds of patent medicine advertisements, which causes us to wonder if the Lord is so poor that He has to resort to patent medicine dope to carry on His work of converting the world. The *Recorder* poisons its subscribers with patent medicine advertising. I suppose you have noticed this yourself.

J. S. H.

STOP IT.

(Post Card)

SOUTHERN PINES, N. C.

Please stop my HEALTH BULLETIN, and oblige,
HELEN T. BAINARD.

AGIN PATENT MEDICINES.

I am sending you a list of names to whom I would be glad to have you send the HEALTH BULLETINS as they are issued.

I am especially interested in health matters that concern the farmers, and I find the "dope," or "patent" medicine business, one of the worst enemies the farmer has.

I would be especially glad to have you send these people all the BULLETINS you have along this line.

I have refused to give *The C*—any matter because of its carrying these ads. and guess I am in for a fight on account of it. I subscribe to no papers that carry such ads., as I think this one of the most effective ways to fight the traffic that seems to be second only to the liquor traffic in its viciousness.

A FARM DEMONSTRATOR.

TRINITY USES HEALTH BULLETIN

DURHAM, N. C.

Please send me the HEALTH BULLETIN regularly during the present school year. We are going to use the BULLE-

TIN as a parallel for study in one of the Biology courses at Trinity College.

IRVING E. ALLEN.

HEALTH OFFICER WANTED.

We have a fine courthouse and an up-to-date jail at our county seat (Asheboro) and that is all right, but we have no whole-time health officer. Why?

Near my house is a well where eight families get their drinking and general household water. This well is an open well with bucket and chain. The curb is half down and in less than fifty feet of it are two stables and two open-back privies. These people all live in company houses and this is a company well. Mention to any of these families the unsanitary condition of their water supply and they will say the company ought to fix it up, or some will say: "Well, it don't seem to be killing any one," which is true so far.

This is a small factory village and is not incorporated. As we have no whole-time health officer in our county our physician's hands are in a measure tied. This place is no worse, and in some ways better, than other villages in this county. I hope the time will soon come when old Randolph County can and will have a whole-time health officer.

MRS. C

ENCLOSES OXYBON FRAUD ADS.

ROCKY MOUNT.

Don't you think these fellows ought to be exposed and the people warned against them?

H. L. HOLDEN.

[We certainly do, but we haven't space to expose all the medicine fakers. Several are born every day.—Ed]

COLLEGE GIRLS WANT BULLETIN.

HICKORY, N. C.

MY DEAR SIR:—I have been much interested in the HEALTH BULLETIN ever since I received the first copy. I feel that it is doing a wonderful work. I am thoroughly in sympathy with your efforts to improve the sanitary and hygienic conditions in North Carolina.

I have tried to interest the students of our college in your valuable little magazine, and I am sending you the names of students who have signified their desire to receive the HEALTH BULLETIN regularly during their stay in college.

K. B. PATTERSON,

Secretary, Lenoir College.

WHISKEY AS MEDICINE.

"Allow me to congratulate you on the good work you are doing to conserve the health of the citizenship of North Carolina. You are at the very foundation of the home, state, and of the generations to come. You have the prosperity of the state, the education and enlightenment of its people in a nutshell (their health). In sound bodies dwell sound minds and sound minds give birth to higher thoughts and greater achievements when backed by strong healthy bodies.

"You have condemned the use of whiskey and knocked it out as a medicine. Your last bulletin knocked out the patent medicines and many other unnecessary evils. All is good, very good.
A. D. D.

"SANATOGEN, THE LIFE FOOD."

"How about 'Sanatogen' we see advertised so much in the high grade magazines? Is Dr. Wiley right when he condemns it?"

BETTER BUY AIR IN BOTTLES.

I supposed that the fraudulent claims for Sanatogen had been exposed so thoroughly that there could possibly be no further question in regard to it. However, if you still desire further information on this subject, I would suggest that you send 4 cents to the American Medical Association, 535 North Dearborn Street, Chicago, Ill., asking for their bulletin on Sanatogen.

This Board indorses every claim made by the American Medical Association in this bulletin, and also every statement made by Dr. Wiley in regard to the same material. Please understand, so far as we are aware, there is nothing injurious in Sanatogen, and anyone who can afford such a diet is welcome to use it, so far as we are concerned, but there is about as much sense in buying jugged, bottled, or crated air from the seashore or mountains for breathing in your bedroom, at so much per jug, bottle, or crate, as there is in buying this material.

WARREN H. BOOKER.

MONTHLY STATISTICAL REPORT

TO THE

COMMITTEE ON REGISTRATION AFFAIRS

OF THE

AMERICAN PUBLIC HEALTH ASSOCIATION

FOR THE STATE OF NORTH CAROLINA FOR THE MONTH OF AUGUST, 1915

Total deaths all causes (stillbirths excluded).....	1,932
Typhoid fever.....	121
Malaria.....	33
Smallpox.....	0
Measles.....	0
Scarlet fever.....	2
Whooping cough.....	26
Diphtheria.....	32
Tuberculosis of lungs.....	222
Tuberculosis, other forms.....	26
Cancer.....	64
Diarrhea and enteritis (under two years).....	144
Pellagra.....	87
Suicide.....	7
Other forms of violence.....	64
All other causes.....	1,191
Stillbirths.....	293
Living births registered.....	4,905
Estimated mid-year population of area.....	2,369,036

Registrar.

DEATHS BY PRINCIPAL CAUSES, ACCORDING TO LOCALITY AND AGE, SEPTEMBER, 1915.

Cities	Contagious Diseases	Typhoid Fever	Tuberculosis of the Lungs	Tuberculosis of Other Forms	Cerebro-Spinal Meningitis	Cancer	Pellagra	Diarrhea and Enteritis (Under Two Years)	Diarrhea and Enteritis (Two Years and Over)	Pneumonia, Including Bronchial	Suicides	Homicides	Accidents	Under One Year	One to Five Years	Five to Sixty-five	Sixty-five Years and Over
Asheville.....		1	9	1			1	2	1		1		1	3	1	23	6
Charlotte.....	1	2	2			1	6	7	1					10	3	31	6
Concord.....	1		2				2							2	2	3	3
Durham.....		1	4		1	2	1					1		4		17	5
Elizabeth City.....	1		2	1	1					1				1	3	4	2
Fayetteville.....		1	1					2		2				1	3	6	2
Greensboro.....			1			1		1	1				2	4	1	10	2
High Point.....	1		2		1		1	2		1				6	1	6	
Kinston.....		1	3		1	1		1		1			1	5		13	1
New Bern.....	3		4			2	1	1				1		1	2	12	1
Raleigh.....	1		4	1	1		8	1		1			5	3	6	28	6
Rocky Mount.....		3	1		1			2		1	1			4	3	10	
Wilmington.....			6	1		2	2	4	1			2	2	6	4	30	7
Wilson.....			2											2	1	3	2
Winston-Salem.....		3	13	1			3	6		3				9	3	26	3
Total.....	8	12	56	5	6	10	25	30	4	10	2	4	11	61	33	222	46

VITAL STATISTICS—SUMMARY FOR THE MONTH OF SEPTEMBER, 1915.

CITIES	Population U. S. Census, April, 1910	Estimated Population, July 1, 1915	Deaths		Births		Still- births	Death-rates		Birth-rates		Sanitary Index
			1914	1915	1914	1915		1914	1915	1914	1915	
Asheville.....	18,826	20,556	42	33	31	23	2	25.0	19.2	18.4	13.4	7.5
Charlotte.....	34,138	38,481	58	50	61	71	7	18.3	15.5	19.2	22.1	4.0
Concord.....	8,731	9,266	12	10	22	33	3	15.9	12.9	29.1	42.7	3.8
Durham.....	18,469	23,961	31	26	40	24	-----	16.2	13.0	20.9	12.0	3.5
Elizabeth City.....	8,455	9,500	14	10	31	22	2	18.0	12.6	40.0	27.7	5.0
Fayetteville.....	7,071	8,534	13	12	16	15	-----	19.3	16.8	23.8	21.0	5.6
Greensboro.....	16,018	18,983	34	17	34	23	3	22.1	10.7	22.1	14.5	2.5
High Point.....	9,638	12,753	16	13	37	28	2	16.1	12.2	37.5	26.3	4.7
Kinston.....	7,055	8,515	10	19	30	10	-----	14.5	26.7	43.7	14.0	8.4
New Bern.....	9,976	10,859	29	16	20	30	-----	33.8	17.6	23.3	33.1	11.0
Raleigh.....	19,213	19,932	46	43	52	27	4	27.8	25.8	31.4	16.2	4.2
Rocky Mount.....	8,158	11,997	19	17	25	20	2	21.0	17.0	27.6	20.0	7.0
Wilmington.....	25,848	28,263	34	47	82	75	2	14.6	19.9	35.4	31.8	5.5
Wilson.....	6,784	8,399	15	8	17	14	2	22.2	11.4	25.2	20.0	2.8
Winston-Salem.....	22,890	30,141	39	41	51	39	1	16.1	16.3	21.0	15.5	9.1
Totals.....	221,270	260,095	412	362	549	454	30	20.1	17.6	28.0	22.0	5.6



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Vol. XXX

DECEMBER, 1915

No. 9



Christmas

2

Again we come to another milestone. Christmas is another stop in life, when we turn aside from our daily path, breathe awhile and look both ways. On looking back we note the distance we have come and review the fruits of our labor. Lo, our toil has become transformed and about it is a light, a light that illumines the past and makes bright the future, and we feel it was worth while. This is our inspiration, our guide that leads us into a new year, encouraged, unafraid.

Looking back, there gleam on the horizon of 1915 four great lights of no uncertain glimmer. These lights are the accomplishments of the year, the torchlights of progress, made by health, education, industrial prosperity and social and moral uplift. They fill the past with the reward that comes from work well done, and the future with a promise that leads on to ever greater achievements.



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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

- | | |
|--|--|
| No. 12. Residential Sewage Disposal Plants. | No. 42. Malaria. |
| No. 14. Hookworm Disease. | No. 43. Practical Privies. |
| No. 19. Compilation of Public Health Laws of North Carolina. | No. 44. State Policy for the Control of Tuberculosis. |
| No. 23. The Vital Statistics Law. | No. 45. The Control of Smallpox. |
| No. 27. The Whole-Time County Health Officer. | No. 46. Compilation of County Health Laws. |
| No. 29. Rules and Regulations for County Boards of Health. | No. 47. Privy Leaflet. |
| No. 30. Measles. | No. 50. Baby Leaflet. |
| No. 31. Whooping Cough. | No. 51. Rules and Regulations of County Boards of Health. |
| No. 32. Diphtheria. | No. 52. Malaria and What Everybody Should Know About It. |
| No. 33. Scarlet Fever. | No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough. |
| Anti-Spitting Placards (5 inches by 7 inches). | No. 54. Disinfection After Scarlet Fever. |
| No. 39. Tuberculosis Leaflet. | No. 56. Tuberculosis Leaflet No. 2. |
| Anti-Fly Placards (14 inches by 22 inches). | No. 57. Health Helps for Teachers. |
| Anti-Typhoid Placards (14 inches by 22 inches). | Health Catechism. |
| Anti-Tuberculosis Placards (14 inches by 22 inches). | No. 58. Fly Leaflet. |
| No. 41. Tuberculosis. | No. 59. Typhoid Fever Leaflet. |
| | Sanitary and Hygienic Care of Prisons. |
| | No. 60. Cancer Leaflet. |

THE Health Bulletin

PUBLISHED BY THE NORTH CAROLINA STATE BOARD OF HEALTH

Vol. XXX

DECEMBER, 1915

No. 9

EDITORIAL BREVITIES

Merry Christmas! Have you purchased your share of Red Cross Christmas Seals?

If you fail to be examined on the National Medical Examination Day, December 8, make arrangements to be examined as soon as possible thereafter. It may be the means of saving you a big hospital bill in the near future, and from a premature death a little later on.

Don't forget to place one of those cheery Christmas reminders—a Red Cross Christmas seal—on the packages and messages you send your friends this Christmas. Let them know that while you are remembering them and wishing them a Merry Christmas, that you are not unmindful of those suffering with tuberculosis and the great fight that is now on against it. The seal on the package tells them the whole story.

If no club, society or other organization has taken the agency for selling Red Cross Seals in your town or community this Christmas, this is an opportunity for you. Write Dr. L. B. McBrayer, Sanatorium, N. C., for a supply of the seals, which will be sent free of cost to you. Your merchants, bankers, preachers, and especially your town or county paper, will help you out. You will be surprised to know how many people are willing, and waiting for an opportunity to help, and this is your chance and theirs.

To make early diagnosis of tuberculosis is now regarded the most important point in the treatment of tuberculosis. The State Sanatorium for the Treatment of Tuberculosis has arranged to greatly assist the physicians of the State in this matter by supplying them free of charge with sufficient tuberculin for making the Von Pirquet test. The tuberculin is mailed to any physician in one or more capillary tubes upon request, and is accompanied with directions for making the test. Each physician making a Von Pirquet test is requested to report within a week the result to Dr. L. B. McBrayer, of the State Sanatorium, Sanatorium, N. C.

HOW THE PROCEEDS OF THE SALE OF RED CROSS SEALS ARE USED

Seventy-five per cent of the gross receipts obtained from selling Red Cross Christmas seals is retained by the local committee and used as the committee thinks best in the fight against tuberculosis. In cities and large towns this amount is often used to employ visiting or tuberculosis nurses. Small towns and communities whose sales are not so large send patients to the State Sanatorium for treatment, or furnish food and clothing to needy tuberculous patients. Others use the 75 per cent of their sales to provide lectures and exhibits and for other educational purposes pertaining to the causes and prevention of tuberculosis. The other 25 per cent is sent to the State Commission, of which Dr. L. B. McBrayer, Sanatorium, N. C., is Executive Secretary.

Of this 25 per cent, 10 per cent is forwarded to the National Association for the Study and Prevention of Tuberculosis, and is used as the main support of this great organization. The remaining 15 per cent is used by the State Commission in conducting Tuberculosis Sunday and the Red Cross Seal campaign from year to year.

CHILDREN FIRST

Whoever in the world was it started the superstition, myth, legend, fairy story or just plain lie, that the best time to have contagious and infectious diseases is during childhood?

Vital statistics can be quoted to show that a vastly greater proportion of deaths occur among children having whooping cough, measles, or scarlet fever than among adolescents or adults.

Children must be protected from "catching" these diseases. Not only must there be quarantine but it must be rigidly enforced. Every good citizen will see to it that children are given the right to their physical heritage—good health.—*University News Letter*.

PLANTS IN THE HOME

Plants in the home, in the living room, or sleeping room either, are all right—not injurious to health—provided the windows are not kept closed day and night to keep the plants from freezing. The claim that green and growing plants give off carbon dioxide—a very poisonous gas—may be true, but the amount is negligible and its injury to health small, compared to the foul air kept in the room by keeping the windows closed on account of the plants. It is estimated that a large bay window packed full of growing plants gives off no more carbon dioxide than a simple low-turned gas jet. This means that growing plants with the proper ventilation that a room should always have is to be no longer regarded as a source of danger.

The greatest harm that growing plants or flowers in the home can do during the winter is to cause the people themselves in that home to become hot house plants. Where both fresh air and plants can be had, the home is made beautiful and attractive, and at the same time is kept healthful. But where one is to be had at the expense of the other, let it be first and always fresh air.

TUBERCULOSIS WEEK

Tuberculosis Week will be observed throughout the United States this year December 6 to 12. A national medical examination day will be observed on Wednesday, December 8, of that week. Groups and individuals are urged to make arrangements for physical examination on this day, as practically 100 per cent of all the supposedly well people over thirty years of age have been known to have some physical defect or impairment that could be remedied or stayed off. On Tuberculosis Sunday special exercises will be held in the churches, clubs, lodges, etc., and preachers will be asked to give special attention to the importance of the subject from the pulpit.

Friday of tuberculosis week will be observed as Children's Health Crusade day. The primary object of this day is education on the subject of tuberculosis, while the secondary object is to start the Red Cross Seal movement.

"The education of the public to the risks of neglect and to the advantages and ways of healthful living is necessarily a slow process. For its successful accomplishment by the sanitary authorities its requisites are adequate funds, broad powers and an efficient organization, carrying guidance and inspiration into every school, workshop, store and factory, as well as into every home, whether in the city, town or remotest countryside."

"NO INSPECTION," SAYS MR. STEWART

School Board Member Opposed to Medical Examinations and Cites Numerous Reasons Appealing to Him—Parents Are Ones to Look After Pupils.

(Interview in Charlotte afternoon News of August 5, 1915, which is self-explanatory.—EDITOR.)

Mr. Plummer Stewart, chairman of the finance committee of the board of school commissioners of the city of Charlotte, is now and always opposed to the medical inspection of pupils in the public schools of Charlotte [italics ours], unless the inspection be nothing more than a report by a teacher as to certain deficiencies which the teacher may note in the case of a pupil.

Mr. Stewart was requested to state his position fully on this now interesting and live subject, and in an interview today he covered the ground thoroughly in setting forth his point of view on medical inspection for the city schools.

Mr. Stewart said:

"I am opposed to compulsory medical examination of children in the schools. It would cost considerable money to have a proper examination made. If it is necessary to have an examination made of one part of the physiognomy, then why not all parts? This would require a specialist to examine every organ of the human body—eyes, ears, nose, mouth, teeth, lungs, throat, kidneys, heart, and so on. It would require many thousands of dollars every year to have the proper examinations made. It would be useless to have a partial examination made, as those who advocate the examination certainly would want a thorough examination. It would not be sufficient just to thump the child like you would do a watermelon in determining whether it is ripe.

"We have more demands for money in running the schools than you ever heard tell of; and it seems that some one is always ready to spring some new idea that calls for a large outlay of money. If we are to spend the school money lavishly upon all these demands, then we can never have the good and efficient schools that we want to have. There are lots of things that ought to be done and that might

result in great good in the education of the children. But you must remember that we can't do everything. It might be well for us to have an officer whose duty it is to see that every child takes a certain number of baths every week. We all admit that bathing is healthy and ought to be encouraged. It might be well to have an officer to see that the child eats the proper kind of diet, and that it does not eat too much. You know a child can learn a great deal more if it has not overloaded its stomach. This is a very important matter, but it is better to leave this with the parents to regulate. Every child ought to sleep in a room with the windows raised and get plenty of fresh air, but the school authorities cannot afford to pay a physician to go to the home and inspect the ventilation and have the matter regulated. The truth of the matter is that the index to good health is plenty of fresh air and proper diet."

Continuing, Mr. Stewart said:

"I have never yet worked myself up to the point where I can believe that the school board has more interest in the child than the parents of that child have. Every parent is supposed to love his child and care for it. The State ought not to be the absolute guardian of the child and eliminate the obligations of the parents entirely.

"While I cannot understand how a man who has the means to have his own children inspected by a medical expert and does not have it done, could advocate that the State or the school board ought to have it done. If it is a necessity for the school authorities to have an inspection made, then the duty is much more incumbent on every parent to have it made.

WHO WILL PAY?

"Suppose you have your inspection and you find a child who is defective in some part—the truth is, we are all defective in many parts. Then what are you going to do? Require the parent to have the child treated by a physician for the defect? Are you going to have special treatment? Then who is going to pay for the treatment? Suppose the parent says, 'I am not able to pay for the treatment,' will the school board settle the bill for the child treated? If you find something the matter with the child's eyes, what kind of glasses are you going to furnish it, gold rimmed or copper?

"You know there are just lots of things to be considered, when you are talking about compulsory medical inspection. It sounds mighty good, but before jumping at conclusions let us consider both sides of the question and all the matters connected with it. It is a very easy matter to stand off and say what ought to be done; but when you undertake to analyze it you will meet up with many difficulties. As educators let us carefully consider all matters before jumping at conclusions."

The reader may find the editorial reply to the above interview in the September issue of THE HEALTH BULLETIN, under the heading, "Our Schools."

If any one doubts that we hit the nail square on the head in that article let him read Mr. Stewart's reply below:

DEAR MR. EDITOR:—In the September number of the HEALTH BULLETIN, in an editorial entitled, "Our Schools; Progress or Politics? Humanity or Bigotry?" you spent your energies discussing (rather cussing) Plummer Stewart; but you failed to discuss the issue involved. Will you be kind enough to publish my interview to which you referred? Abuse, vituperation and slander of an individual will no longer be accepted as argument on an issue.

You say, "Minds like his (referring to Plummer Stewart) never expand." This might be considered a compliment. A little office sometimes expands the minds of some people. It puffs them up. It causes them to become intolerant, dogmatic and self-opinionated. It causes them to lose sight of their own ignorance and their own limitations. Their minds do expand.

"They are always born with enough wisdom to carry them through life," you say. You should have added: By hard work and honest effort they are enabled to make a living, but that they *are not born with sufficient minds to live off the public revenue with ease and comfort.*

"Mr. Stewart, while a member of the Legislature some years ago, fought and worked against every measure for the betterment of the public health in North Carolina. * * * In the first report of the Bureau of Vital Statistics

(the establishment of which he fought so hard as a legislator), etc." I am wondering where you received this valuable information. If you had only taken the trouble to pick up the House Journal of 1913, and turned to page 956, you would have seen at a glance that I supported the measure to which you refer. If you had inquired of Dr. Gordon, member of the same Legislature, who is now connected with your own department, he would have told you that I supported the bill. You used public funds in publishing this charge. Of course, I am not in favor of spending the people's taxes in any such way.

I believe in strict economy in government. I believe the tendency towards extravagance is too great. The people are being too heavily burdened with taxes. I may be wrong, but these are my views. I have a right to my views and a right to express them. I accord everybody else the same privilege; but I think in doing so it is out of place to apply opprobrious epithets to a person on account of his views.

The departments of government seem to be spending much of their time in devising ways and means of getting more money to spend. Too much of the money is spent in the departments for officers, agents, clerks, stenographers, etc.; and the people receive too little benefit from the taxes they pay. This is true in nearly all departments of government. When we want to give some one a position, we create a new office. I am not opposed to progress, but I am opposed to extravagance.

I favor all reasonable means in preserving the health and preventing diseases; but we must remember that some folks will die some time somehow.

We can not live always. We can, in some cases, prolong our life by proper precautions. I have even known children to die in the best regulated and most sanitary homes, and this occurs sometimes from typhoid fever and sometimes from other causes. The medical profession has made wonderful progress in the last few years. The science of surgery has been so advanced that it has become the wonder of the age; but with all of our progress in medicine, we still die sometime. But just to tell you the candid truth, I have a great admiration for the old country doctor, who with his saddle bags jumps on his horse and rides through the mud and snow, the cold

and heat, to minister unto suffering humanity. To my mind the good old country doctor is an angel on earth. He is the greatest blessing to humanity the world has ever known. He does not stand well with the youngster who has just gotten his license, but he stands with suffering humanity.

I am opposed to extravagance in running our schools. I want the children to get the benefit of every dollar that is paid for school purposes. I want to see the children of the poor and the needy cared for. If they are too poor to buy books and clothes in attending school then I want to see the public funds used for their benefit. If the children be out of school on account of sickness or physical infirmity and the parents are too poor to provide medical attention for them then I want to see the public funds used in furnishing the children proper medical attention so that they can come back to school. The rich and the moderately rich can take care of themselves, but the poor are helpless. Let us have the strictest economy in running our schools, and then we will have a fund sufficient to aid the poor children in getting an education. These are my views. I may be wrong, but I think I am right.

This 20th day of October, 1915.

PLUMMER STEWART.

This closes the incident, so far as we are concerned. If there is one word in the above which could be termed an argument to sustain Mr. Stewart's position against the medical inspection of school children, we fail to find it.

The House Journal of 1913 is precisely where we got a part of our information—not alone on page 956, but numbers of other pages. However, that same page 956 sustains our argument. One other source of information was listening to a speech by Representative Plummer Stewart, of Mecklenburg, during the session of the General Assembly of 1913.

The man who wrote that editorial, "Our Schools," in reply to Mr. Stewart's "interview," is not "a youngster who has just gotten his license," as he seems to intimate, but a man who has been a country doctor (one of those for whom he confesses so great admira-

tion), and a country school teacher for nineteen years. From his experience as a teacher he might be able—Oh! what's the use?

Finally, we have no apology to offer for that editorial. A great number of the best citizens of Charlotte, not alone citizens of Charlotte, but of North Carolina, had appealed to Mr. Stewart, as chairman of their board, for a legitimate and necessary provision for their children. The reply they got was the stuff handed out in the above "interview"—a vicious, savage, attack on both his own citizens and taxpayers and an unwarranted attack on a principle which vitally concerns the health of the eight hundred thousand school children of North Carolina. The State Board of Health could not remain silent under such an assault, made in a newspaper with the circulation and influence of the *Charlotte News*, and at the same time maintain its self-respect. Therefore, after the manner of our training as a country doctor, we proceeded to administer to Mr. Stewart a full dose of the same treatment he had so lavishly applied to his own citizens and taxpayers—citizens and taxpayers of the State of North Carolina.

G. M. COOPER.

RELIGIOUS PAPERS, NOT OURS

The following paragraph is from a note from the editor to the business manager of one of the largest and most progressive papers in the south, declining to permit the use of a certain patent medicine advertisement in the paper:

"I am sure that no one on the whole staff of the paper wishes your department to be successful more than I do, and I am sorry to disapprove in this instance. These doubtful cures, or rather alleviators, I believe, may appear all right in religious papers, but I do not believe that we can afford to have them in such a clean paper as ours. It is most certain that I should have a 'conniption' if it were to appear on my page."



HOW TO NURSE A TUBERCULAR PATIENT

Detailed Instructions as to Preventing a Person With Tuberculosis Giving the Disease to Others

TUBERCULOSIS is spread from one person to another only through ignorance or carelessness. The germ which causes tuberculosis, the tubercle bacillus, is contained in the discharge from the patient's mouth and nose—in the sputum, the saliva, and the spray from coughing and sneezing. If the patient and those helping to take care of him will follow carefully the directions given below for disposing of the discharges and of the things which come in contact with these discharges, there will be no danger whatever of his giving tuberculosis to any one else.

1. Never spit except in a sputum cup which can be burned when used. There is danger in using a tin cup, a bottle or a spittoon. Both the pocket sputum cups for those who are up and the cups for those in bed can be gotten at the State Sanatorium, Sanatorium, N. C., for 50 cents a hundred, postage prepaid, which is actual wholesale cost when purchased in quarter million lots. The tin holders for the bedside cups can be had at the same address for 10 cents each. One sputum cup will usually last a day, so that the cost is negligible. After being used, the cups should be filled with sawdust, wrapped in paper, and burned in a closed stove. The kitchen stove is usually most convenient and perfectly safe for this purpose.

2. If any of the sputum should acci-

dentally be spilled, or wilfully placed on the floor, bed linen or clothing, pour over it a 5 per cent compound cresol solution (see note below) and allow to stand for one hour. Then wipe up with a rag or cloth wrung out of the same solution, and burn the cloth. After this pour over the place where the sputum was more of the solution and allow it to stand for an hour. Then finish wiping the place with a cloth wrung out in the solution. After burning the cloth wash your hands thoroughly with soap and water. If the sputum is on the bed linen, the linen can be soaked for two hours in one of these solutions and afterwards boiled.

3. Always cover your mouth and nose with a rag or piece of gauze when you cough or sneeze. Coughing or sneezing emits a fine spray from your respiratory passages. This spray contains the germs, and unless you catch this spray on a rag, the germs will contaminate the air and others will become infected. A clean rag, a piece of gauze or cheese cloth, or a paper napkin is suitable for this purpose and is inexpensive. Whatever you use should be wrapped in a paper and burned in the kitchen stove when you are ready to dispose of it. Don't use your hand to shield your mouth because you will get the germs on your hand and transfer them to whatever you touch. Never use a handkerchief for this purpose unless you burn it, or boil it for five minutes before putting it in the laundry.

4. If you have any cough or expectoration do not allow anyone to kiss you, and never kiss anyone on the lips

even though you do not cough or expectorate.

5. Use separate dishes and drinking vessels. It is better to have dishes of a different color or shape for the patient, so that they won't get mixed with the others. After being used the dishes should be boiled for five minutes and then washed in a separate dishpan and with separate dishcloths.

6. Put everything which the patient has had in his mouth, such as apple cores, grape hulls, toothpicks, or other articles, in a paper to be burned. Scraps of food which the patient leaves may be fed to hogs, dogs, and chickens if boiled first. Otherwise they should be burned.

7. The water which the patient uses for washing his teeth should either be boiled after he has used it, or allowed to stand for a few hours after mixing with it an equal quantity of 5 per cent compound cresol solution.

8. The patient's clothes, bed linen and towels should either be boiled for five minutes or soaked in 3 per cent compound cresol solution for two hours before being washed or sent to the laundry.

9. The patient should never sleep with any one.

10. The person who waits on the patient should wash her hands thoroughly with soap and water every time after handling the patient, the bed linen, the sputum cups, or anything else about the patient.

11. Do not use a duster in the patient's room. Use instead a cloth moistened with a 1 per cent compound cresol solution. Do not sweep the patient's room without first sprinkling the floor or without using a moistened broom. The best way is to scatter sawdust soaked in a 1 per cent compound cresol solution over the floor before sweeping it.

12. Do not allow children to play on the floor of the patient's room or to lounge on his bed, since they are much

more easily infected with tuberculosis than adults.

13. Screen the patient's room so as to keep flies out. If allowed to swarm over the patient they will carry the germs to the kitchen and dining room and will likely infect the other members of the family.

14. If the patient has tuberculosis of the bowels or kidneys, the stools and urine need to be disinfected. This can be done by adding twice as much 5 per cent compound cresol solution or twice as much of a solution made by adding half a pound of the chloride of lime to one gallon of water and by allowing it to stand three hours. If the bowels and kidneys are not diseased no such precautions are necessary.

NOTE.—The compound cresol solution referred to above may be had from the following druggists in the State at the prices quoted:

The Peabody Drug Co., Durham, at 40 cents per pint delivered by parcel post anywhere in the State.

Hospital Supply & Drug Co., Charlotte, at 35 cents per pint delivered by parcel post within 150 miles of Charlotte; outside of this 150-mile radius, 40 cents per pint.

D. T. C. Smith Co., Asheville, 50 cents per pint plus postage.

Several other druggists in the State have been asked for prices but no replies have been received from them.


To make 5 per cent solution of any drug, take one measure of the drug to nineteen measures of water. For wiping up floors, walls, furniture and the like a 3 per cent solution is sufficiently strong of the compound cresol solution. To make a 3 per cent solution you would use one measure of the disinfectant to thirty-two measures of water.

A communicable disease can only be contracted by getting into the body impurities from the body of someone else.

"What would you think of a butcher who never cleaned out his sausage mill after use? Your teeth, if neglected, may become a greater menace to your health than this dirty sausage cutter."

THE PHYSICIAN'S PART

In Making Diagnosis of and Treating Tuberculosis

 T is a truism that successful treatment of tuberculosis depends upon careful and accurate diagnosis, and so the doctor can no longer take refuge in such generalities as "neurasthenia," "malaria," "the grippe," "indigestion," etc., unless he has proven the condition to be such. These terms are often synonyms for our carelessness or ignorance, or both, and beneath them lurks many a case of tuberculosis which would have revealed itself to the careful observer. The doctor does not have to be a specialist in these matters for successful diagnosis, provided he is careful and unsatisfied until he finds out the true state of affairs. *In fact, I maintain with all emphasis that it is truly the part of the family physician to make the diagnosis of tuberculosis early.* He can do so only if he is suspiciously watchful, and only if to his watchfulness is added care in temperature and pulse observations and pains-taking examinations, repeated over some weeks if necessary to arrive at a proper conclusion. And furthermore, he still does his full duty only when he tells the patient, or the proper person in charge of the patient, the nature of his conclusions.

Where possible he must avail himself of all the diagnostic methods which medicine today offers for the early detection of tuberculosis, not failing to ask the advice of others, perhaps more expert or experienced in this line of work, when he can neither affirm nor allay his own suspicions.

When the diagnosis is made, it should be told to the proper person. The balance of the household and the community must be protected from the possibility of further danger if a case of tuberculosis is allowed to roam at large unrestricted and uncontrolled in

habits. A man must be made to understand the danger he is to himself and all about him if he neglects a beginning tuberculosis. Hence the doctor must use all the emphasis within his power to convince the patient of the nature of his disease. Fear of the personal consequences to him, such for instance as the patient's leaving him for another physician not so careful or conscientious, who will fail to recognize the true condition, and will treat the matter more lightly, is never a justifiable cause for keeping a diagnosis of tuberculosis secret. It does not follow that one's suspicions must necessarily be given to the patient at first, causing undue alarm and frequently much harm, but during the study of the case, the physician should make the patient use every precautionary measure to prevent danger to his fellows.

Thus by careful history taking and examinations, followed by convincingly expressed convictions, the physician will learn to convict of tuberculosis, to their eternal happiness and gratitude, many a case upon the sum total of numerous small observations which make up the diagnosis of this disease at that stage where hope of return to economic efficiency and a happy life is greatest. For there is no truer axiom in medicine than that the hopefulness of a cure in tuberculosis, all things else being considered, is in direct proportion to the earliness with which the condition is recognized and properly treated. "Too Late" must be erased from the scroll.—*Journal of Outdoor Life.*

"Every time you eat, you will wash the dishes you have eaten from; your common sense tells you that it is the right thing to do. Then why not go a step farther and clean the teeth you have eaten with? This may be a new departure, but it deserves consideration."



CHILD HYGIENE

WOODROW WILSON ON SCHOOL HYGIENE

School hygiene is one of the great problems of mankind. Mankind is a gregarious animal; we love association. Out of that disposition has grown our great communities, our immense cities, and in the early years of men the proper sanitation of cities was an immense problem for us to solve, and those who undertook the solution of it were looked upon as dreamers. Before they began their work it was nothing unusual for plague after plague to visit our cities and to wipe them almost entirely out of existence. Men began to realize that the coming together of men and women and children in large numbers brought problems relative to their health, their physical and mental welfare, that required the most careful study, the most energetic action to solve. To a very great extent we have solved the problem of sanitation in our cities. There is yet a great deal to be done in that direction, but the fundamental principles of sanitation are very generally known. Our school rooms, whether public or private, are little cities in themselves; they are cities composed of those who have not yet reached mature judgment, who have not yet had sufficient years in life to become familiar with the principles underlying proper hygiene.—Woodrow Wilson.

HEAD LICE

"What shall I do for head lice? I am afraid my little boy has contracted head lice from some of his schoolmates. Please advise me what to do to remove these lice." This is a sample of

the questions frequently hurled at the State Board of Health by distracted mothers, especially during the school season. The answer is very simple: Simply take equal parts of ordinary kerosene oil and sweet oil and mix it thoroughly. Rub this mixture well into the scalp and thoroughly saturate every part of the hair, in the evening just before retiring. Special care should be taken not to go near a lighted lamp or open fire. Then bind up the head and hair securely in an old towel or piece of sheeting for the night. In the morning thoroughly wash the hair with soap and hot water, to remove the oil. After the hair has been dried, any nits or tiny deposits on the hair may be removed by thoroughly brushing with a stiff brush, dipped in vinegar. If no suitable brush is available, a very fine-toothed comb may be used very satisfactorily. This treatment should be repeated at least once the following night, and in very bad cases twice, after which all traces of the vermin should be removed.

THINGS BAD FOR THE BABY

- Pacifiers.
- Thumb sucking.
- Soothing syrups.
- Patent medicines.
- Whisky or gin for supposed colic.
- Dirty playthings, dirty nipples, dirty bottles, dirty floors.
- Waterproof diapers except for temporary use.
- Moving picture shows.
- Violent rocking, bouncing and rollicking play at any time.
- Play of every sort after feeding.

Kissing the baby on his mouth either by the family or by strangers.

Testing the temperature of the baby's milk by taking the nipple in the mouth.

Sucking on empty bottles.

Sleeping on the mother's breast while nursing.

Sleeping in bed with the mother.

Spitting on handkerchief to remove dirt from baby's face.

Sneezing and coughing in the baby's face.

Allowing a person with a cough or cold to hold the baby.

Allowing any person with tuberculosis to take care of the baby.

The baby is not a toy or a plaything, but a great responsibility—its health, growth and happiness depend largely on you.

THE FRENCH HARP CONDEMNED

Classed with the Slate and the Public Drinking Cup as Disease Spreaders

Our attention has been called recently to the matter of French harps as disease spreaders. The suggestion is a point well made. Our correspondent says: "The old school slate has been abandoned, also the cup used at the coolers on trains, but to my mind the harp serves as a more direct means of conveying the germs of throat and lung diseases from one to another than either the slate or the cup."

From a health point of view the harp is dangerous. In the hands of small children it becomes public property, especially at school. It affords about the shortest route of travel for disease germs from one mouth to another and is a means for the direct exchange of saliva and mouth secretions. Such diseases as tuberculosis, diphtheria, scarlet fever, whooping cough, and measles, and perhaps colds, grippe, and pneumonia, are especially conveyed in mouth and throat secretions.

The harp gets its worst infection, perhaps, in the hands and mouths of customers and salesmen. Each prospective buyer tries out an unlimited number by running his mouth back and forth over the notes. In the meantime he inhales the breath and gets a smack of the saliva left there by others. After adding a portion of his own mouth secretions and stale breath, the infected harps are neatly restored to their boxes to await another customer.

The same thing may be said of whistles "squeedunks," or squealers, that are so popular for holiday occasions. They are as much condemned as harps as spreaders of disease.

BOOZE MEDICINE

Even Uncle Sam won't stand for all the booze in some of our patent medicines. Many of them have such an alcoholic content that the danger of using them for beverage purposes rather than for medicinal purposes has caused the collector of internal revenue at Washington, D. C., to take them under his wings along with the rest of the booze. Along this line the Commissioner of Internal Revenue has the following to say:

Washington, D. C.

To collectors of internal revenue, revenue agents, and others:

The accompanying list of alcoholic medicinal preparations which have been examined by this office and held to be insufficiently medicated to render them unfit for use as a beverage is published for the information of all concerned.

Special tax will be required for the sale of any of the preparations herein named, even though such sales are for medicinal use.

.....

Following this executive order is a list of alcoholic preparations, covering about six pages of various and sundry tonics, elixirs, bitters, extracts, cures, compounds, cordials, etc., a great many of which must be familiar to every person who even casually glances over

the various and sundry patent medicine advertisements that come his way.

In a recent issue of this BULLETIN, under the heading of "Sugar-Coated or in Solution," we called attention to the fact that a great number of patent medicines were being prepared and sold in liberal solutions of alcohol whereas these same medicines could just as well be put up in pill and tablet form and even sugar-coated, if so desired, were it not for the fact that they sell much better when put up in alcohol, in that way forming a substitute for whiskey. Now it appears that Uncle Sam will get a little rake-off through his internal revenue department from at least a few of the various medicines put up in alcoholic solutions.

SIGNS WHICH CALL FOR PROMPT ATTENTION AND CARE

The following are conditions which should call for isolation and special attention in children who feel ill: A sore throat should make one think of scarlet fever or diphtheria; a persistent discharge from the nose, of diphtheria; a catarrh or cough with fever, of measles; vomiting with fever, of scarlet fever; weakness or lassitude in a child previously well, of diphtheria; a cough which comes in spells, of whooping-cough; a croupy cough, of laryngeal diphtheria; a rash on the skin, of measles, scarlet fever, rubella or chicken-pox.

Call your doctor at once if you notice any of the above symptoms.

"CARRIERS"

"A Carrier" is a person who has recovered from typhoid fever, diphtheria, tuberculosis, or other communicable diseases, but still carries active germs of the disease in his nose, throat, intestinal or urinary tract, etc. Or, he may not have had the disease and yet harbors the germs as noted. The latter is specially dangerous because no

one suspects him. The patient who has had the disease may be more easily followed up, tested and treated. Here the coöperation of the medical profession is most important. Such human carriers are constant sources of danger to the people with whom they associate, because they are apt to infect them through their hands, clothing, or other articles of contact—there is special danger that carriers may pollute food.

It should not be forgotten in this connection that flies, fleas, mosquitoes, bedbugs, cockroaches and other insects, as well as rats and other animals, often act as carriers of contagious disease germs.

THE TYPHOID STORY IN A NUT-SHELL

Typhoid fever is caused by the presence of minute plants, known as "typhoid germs," in the human body, and is "catching."

Typhoid germs come from persons, and only from persons.

Typhoid germs come from persons who suffer from typhoid fever and also from some persons who are in apparently good health.

Typhoid germs are discharged from the bodies of infected persons in the excretions from the bowels and kidneys.

Typhoid fever is preventable by practical measures which prevent human excreta from reaching human mouths.

Proper disposal of human excreta will prevent not only typhoid fever, but also many other serious diseases, and constitutes, for any community, one of the best possible investments.

"Are you unmarried?" inquired the census man.

"Oh, dear, no," said the little lady, blushing; "I've never even been married."—*Ladies' Home Journal*.



PUBLIC HEALTH AND SANITATION



OUR WINTER DISEASES

How to Make Winter as Healthful as Summer

IT is the general impression that disease germs flourish better in winter than in summer. This may be true, but if it is, it is in spite of the winter and not on account of it. Disease germs live better in warm weather than in cold. Then why so much more contagious and infectious diseases in winter than in summer? The answer is easy. There are two principal causes for this. In winter we house ourselves up, close the windows and breathe the same old second-hand air over and over again—the same air that others have breathed and coughed in and sneezed in, and we keep on breathing it with the doors and windows kept closed. Now, the myriads of tiny microscopic drops of mucous or spray coughed up and sneezed out of the throat and nose remain floating around in this air to be breathed in by someone else, which in a great many cases cause other cases of diseases in persons easily susceptible or already run down. Furthermore, this very process of hermetically sealing ourselves up at the very first sign of cold weather lowers our vitality and resisting power, which in turn makes us much more susceptible to the disease germs that beset us.

On the other hand, in summer, while the temperature is somewhat higher and the ordinary disease germs can live much longer, we have changed our habits from hibernating within four walls to basking in veritable oceans of fresh air and sunshine, and in practically every case where someone coughs

out his cold, pneumonia, consumption, diphtheria, or other pet “bugs” at us, we scarcely get a whiff of it, if at all, because it is swept away in the floods of fresh air and no harm is done. Furthermore, by living in the fresh air, as nature intended, our resistance and vitality are increased and we are much better able to ward off any chance infection or exposure to the above diseases.

Now the point is simply this: If we could continue our summer habits of fresh air and out-door life through the winter we would be practically as free from colds, pneumonia, and the contagious diseases in winter as we are in summer.

SUGGESTIONS TO HEALTH OFFICERS

Become conversant with the state laws. The health officer must know just what he is empowered to do before he can properly perform his duties, and the powers of the municipality are originally derived from the state.

Become conversant with the ordinances of your own town or county. Be so familiar with them that you may know just how far you may act under them and that you may be able to point out new provisions which will make your work more effective.

Remember that you are holding an office of public responsibility—that you are the servant of the entire people—and that in showing favoritism you are violating the trust imposed upon you.

Do not ignore violations of the ordinances, so far as they affect your work. When a health ordinance has

been violated with impunity, the difficulty in the enforcement of the ordinance becomes much greater.

In the investigation of complaints of unsanitary conditions, remember that many complaints arise from petty jealousies and animosities. Such personal feeling should invariably be borne in mind and should have no effect on the fairness of your decisions. The habitual complainer is a sore trial to the health officer, but his legitimate complaints cannot be ignored.

Do not threaten drastic action unless you are ready and able to carry it out. Administration of public health affairs on a basis of "bluff" will soon show its weak spots.

Many businesses which in themselves are legitimate and which are not in themselves nuisances, become such when improperly conducted. The unsanitary conditions and those constituting the nuisance may frequently be abated without abolishing the business or institution.

All citizens are given certain inalienable rights which must be borne in mind, but neither the Constitution nor the law gives to any man the right to follow the dictates of his own desires to the danger or injury of the public.

Under no circumstances permit yourself to be influenced by commercial or financial arguments to conceal the truth as to the public health conditions of your community from the people. The denial of the existence of smallpox in a community will not prevent the spread of the disease. Frankness on the part of a health officer is one of the greatest safeguards of the public health. Withholding the truth, except under the gravest and most unusual circumstances, is a violation of your trust.

If you are the legally appointed or elected health officer and the ordinance place upon you certain responsibilities and give you certain powers,

be health officer in fact as well as in name, remembering that for your errors and your faults no one will care to share the censure and the blame.

Be firm without being tyrannical. Be reasonable without being lax. Be courteous without weakening your administration. Play no favorites.—
Wisconsin Health Bulletin.

RESOLUTIONS AGAINST PATENT MEDICINE

The Position of the American Public Health Association as Regards the Sale of and Claims for Store Medicine

WHEREAS, The widespread use of and traffic in patent medicines and secret nostrums constitute a grave menace to the public health, and

WHEREAS, Such patent medicines and nostrums, because of the deceptive advertising regularly employed in promoting their sale, consistently oppose the influences seeking to educate the public to a better understanding of the nature, causes and proper treatment of disease, and

WHEREAS, The bulwark of this traffic is secrecy and mystery,

Be it resolved, That the American Public Health Association heartily endorse the ordinance of the New York City Department of Health, requiring the manufacturers of proprietary remedies, sold without a physician's prescription, to file with the department a statement of its active constituents and therapeutic claims, and

Be it further resolved, That this Association recommend to other municipalities the adoption of this or similar measures for the proper safeguarding of the public health.

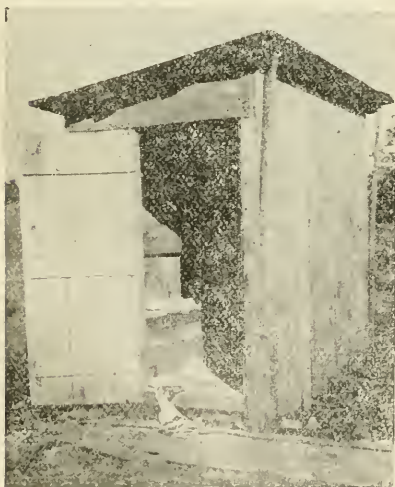
If you would be healthful and efficient, keep your head up, your shoulders back, and make it a habit to keep the back of your neck pressed against your collar.

PLACING RESPONSIBILITY

The Supreme Court of Wisconsin recently held, in the case of the *New Dells Lumber Company v. Venner*, that typhoid fever contracted through drinking water furnished by the employer and resulting in the death of said employee is an accident and within the meaning of the workmen's compensation act. In other words, the employer is held *responsible* for the employee's death, as he furnished drinking water in which were typhoid germs.

FOUR BAD PICTURES

We don't like to show such pictures as these. The only reason we are doing it is that we may thereby prevent disease and save human lives by calling public attention to such menaces. These pictures were taken



Front view of privy used at State Fair

at the State Fair Grounds. The first cut represents the outside of one of the public privies. The second cut represents the inside of this same privy. The third shows the back side of this privy and the fourth cut shows two near-by kitchens that sup-

plied food for fair visitors. These kitchens were in charge of the good women of the various Raleigh churches and at least one of them claims to have served over 2,000 people during the fair.

With the tremendous number of flies going to and fro between such open back privies and adjoining eating



Inside view of same privy

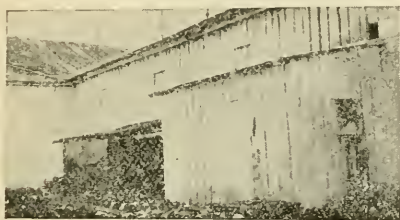
shacks, kitchens and booths, with the thousands of people using varying degrees of care and carelessness and in varying degrees of health and disease using these privies, the real wonder is that more people don't get sick than are reported after attending such occasions.

The State Fair has not been singled out as the only offender in this regard. It is only one of a great class. There are the other fairs. There are many of our rural schoolhouses, both white and colored, we regret to say, and by far too many of our homes, that are not



Back view of same privy

even provided with a privy of any kind. This is a burning shame. It should not be. Besides being highly unaesthetic human excreta is the most dangerous disease-bearing material known. No sane civilized person should toler-



View of two nearby kitchens where food was prepared for State Fair visitors

ate the rank exposure of such material where bits of it may be carried direct to our food, be it at a fair or at our own home. Let's be decent. Let's clean up. Let's put in some form of sanitary privy or have running water.

"SARGOL, THE FLESH BUILDER"

Another highly advertised medicine has been questioned. This time it is "Sargol, the Flesh Builder." One writes the Board:

"Will you please give me information relative to the merits of a widely-advertised medicine for increasing weight, called 'Sargol'? Same is made by the Sargol Company of Binghamton, N. Y."

To which the Board replied:

"With reference to your inquiry about 'Sargol, the Flesh Builder'(?), I will say that next to the widely advertised fakes and nostrums on the market for the cure of obesity, there are probably no bigger humbugs than the preparations like 'Sargol,' sold as 'flesh builders' or 'weight increasers.'

"Some of the latter class of fakes are alleged to be local in their application, to build up the bust, for instance, but have no effect on the rest of the body; while others, of which 'Sargol' is one, are sold as general 'flesh builders.'

"Sargol, which, if we are to believe

the advertisement, makes 'puny, peevish people plump and popular,' is sold by a Binghamton (N. Y.) Company owned by one Jones and a Mr. King, one of which at least is an advertising man. An analysis made by a British Medical Association shows the nostrum to consist of about 18 per cent sugar, about 11 per cent insoluble protein or coagulated albumin, various sodium and potassium hypophosphites, talc, kaolin, zinc, water, etc.

"A dollar's worth of the nostrum can be made, it is estimated, for about two and one-half cents. If you don't mind a suggestion from us, it would be to the effect that you spend this latter amount in fresh air, exercise, sunshine and proper diet. It is our opinion that the latter will net you greater dividends in the end."

Red Cross Christmas seals are going to play the biggest part in their history in the fight against tuberculosis this year. The national and state committees have long been busy planning the big 1915 campaign. Millions of seals have been shipped into all the states and territories preparatory to the campaign which started in earnest about Thanksgiving. Small towns, country districts, schools, and various organizations besides the cities and larger towns are enlisting as agents for the seals and are helping that much in the fight against the Great White Plague.

"The crowning glory of this twentieth century is to be found not in the great industrial progress and commercial development, not in the marvelous scientific discoveries, not in the incredible expansion and efficiency of its military organization, but in the improvement in the social condition of the masses, and in the higher standards of living, rendered possible to a large extent because the losses from sickness and death have been so enormously reduced by the extraordinary developments in preventive medicine, and sanitary science."

PERSONAL HYGIENE



LIVING LONG AND WELL

Detailed Practical Directions for Keeping Strong and Healthful to a Ripe Old Age

THE following intensely practical detailed directions regarding habits of personal hygiene are taken from a lecture by Dr. Charles E. Barker, former physical adviser to President Taft, now with the Redpath Chautauquas.

Dr. Barker states in substance that every year is adding to our knowledge of how to prevent disease and prolong life.

The experiments and discoveries of the past ten years by scientists and physicians have been most remarkable in this field, and the day is not far distant when men and women can, by following up these conclusions, live to a ripe old age and never be sick a day in that time, and simply die of being worn out.

FOUR HYGIENIC ESSENTIALS.

In getting and keeping the body in a state of perfect health, attention must be paid to at least four things: Elimination of impurities from the system, diet, the mental condition and regular exercise.

There are four organs of elimination: the lungs, skin, intestines, and kidneys.

Three minutes of breathing exercises should be taken each day to keep the chest expansion up to normal and to keep the lungs in a vigorous, healthy condition. Such breathing exercises as are outlined later will be found to

greatly increase one's resistance to such diseases as colds, tuberculosis, pneumonia, and other diseases of the air passages. Of course, pure air should be breathed at all times, being especially careful to avoid dusty air or air befouled by other people with "sniffles," coughs, colds, tuberculosis, or other diseases of the air passages. Foul air in closed rooms or where there are careless coughers, sneezers or spitters is especially dangerous.

The pores of the skin should be kept open, either by exercise or a daily dry friction bath with flesh brushes, or fibrous mitts.

Underwear, especially in the winter, clogs the pores of the skin and to offset this a friction bath is very helpful.

Doctor Barker cited striking instances where the habit of a few minutes daily vigorous rubbing of the skin had not only preserved the youthful appearance of old people to a surprising degree, but had doubtless been a very large factor in prolonging their lives and promoting their general health and efficiency.

CONSTIPATION OUR ARCH ENEMY.

The third organ of elimination, the intestines, has much to do with health and disease.

Though it is a very prevalent disease, intestinal sluggishness, or constipation, shortens life many years and leads to many other very serious ailments.

But it is entirely unnecessary and can, in nine cases out of ten, be cured by exercise and proper diet. Exercise every morning the muscles of the abdo-

men. Don't eat meat and eggs until cured, but partake freely of cereals, green vegetables and fruit. Drink from eight to ten glasses of water each day, including two glasses of hot water with just a pinch of ordinary salt dissolved in the water. Drink immediately after washing the teeth upon arising.

Proper care or hygiene of the kidneys is similar to and closely allied to proper care and action of the intestines. As a race, we eat too much meat and concentrated or constipating foods, and do not drink sufficient water. At least two large glasses of water, preferably hot water with a little salt added, drunk before breakfast, and from six to eight more glasses of water drunk during the day, together with the exercises outlined, will very, very greatly reduce our present death rate from Bright's disease and diabetes.

WHAT TO EAT.

Our daily diet plays a large part in the matter of health and disease.

By studying the habits of the Bulgarians, who live much longer on the average than any other race of civilized people, Doctor Mechnikoff, who is the greatest authority in the world on prolonging life, gives as his conclusion that meat should never be eaten but once a day, and that sparingly; that the bulk of the diet should consist of green vegetables, fruit and cereals, and that the habit of drinking more buttermilk every day will do much to keep one well and lengthen life.

Bread, biscuits and pastries made from ordinary white flour are usually constipating. Whole-wheat flour or graham flour is much better in this particular, while bran is still better, as it adds bulk to the contents of the intestines, but at the same time is not a concentrated food which is practically all absorbed by the intestines, such as eggs, meats, etc. There are now many forms of bran on the market. Bran for this purpose may be

used in many ways, although from one to two tablespoonfuls to a cupful taken as a cereal or combined with some other cereal or fruit will usually be found to be very satisfactory.

Every one should learn to chew his food slowly. Much of our "stomach trouble" comes from the habit of eating too rapidly. We should chew our food so well and mix it so thoroughly with the saliva that "it will swallow itself."

THE FINEST OF FINE ARTS.

Third, cheerfulness and contentment will do much to lengthen life.

Many people bring on disease and shorten their lives by years by getting into the habit of worrying.

This, like any other habit, can be changed by any man or woman who will use determination and will-power and learn always to look on the bright side of life.

To further illustrate Doctor Barker's ideas and philosophy of happiness, we cannot refrain from quoting at this point the gist of another of his excellent lectures entitled, "The Finest of Fine Arts, or How to be Always Happy."

1. Cultivate the habit of always looking on the bright side of every experience.

2. Accept cheerfully the place in life that is yours, believing that it is the best possible place for you.

3. Throw your whole soul and spirit into your work, and do it the best you know how.

4. Get into the habit of doing bits of kindness and courtesies to all those who touch your life each day.

5. Adopt and maintain a simple, childlike attitude of confidence and trust in God as your own Father.

DAILY EXERCISE.

Last, but not least, get into the habit of taking some kind of regular, systematic exercise each day. Not the kind of exercise taught years ago, which de-

velops merely the limbs, but that kind which brings into play the muscles of the abdomen and chest. Any system of home exercise, if taken moderately every day, will do wonders in keeping the body in a state of magnificent vitality, but most people are too lazy to do this.

The best time to exercise is the first thing in the morning, but it can be done before the other meals, or before retiring at night.

SYSTEM OF EXERCISES.

This system of exercises is so simple that it can easily be mastered without an instructor, although it may take a week or two to thoroughly learn each exercise in the order given so that the entire set may be run through from memory.

The benefits to be derived from these exercises and corrected hygienic methods of living will not begin to be felt the first day, the first week, nor scarcely by the end of the first month, but for the person who will begin systematically, in moderation, and with will-power, determination or backbone sufficient to master the system of exercise and really make it a habit of life and at the same time correct any other habits of life out of keeping with the suggestions made above, will, by the end of two months, begin to enjoy his daily exercises, and experience a new invigorating feeling that he scarcely dreamed could possibly be his. His personal vitality, stamina, and efficiency will be raised and his ability to resist, ward off, or escape the many minor ailments that would otherwise be his will be truly gratifying.

Those that feel they have sufficient will-power to successfully undertake the mastery of such a system of exercise are cautioned to begin moderately. Do not practice these exercises for over four or five minutes the first day, and gradually extend the length of the exercise period to fifteen or eighteen minutes by the end of ten days or two

weeks. Avoid over-exertion at first or you will be rewarded with a lot of stiff, sore muscles for a day or two.

DAILY HEALTH EXERCISES.

In all the exercises, breathe through the nose. This should be done very forcibly during the first five breathing exercises.

Breathing Exercises.

1. Standing erect, without clothing, or in light loose clothing in cold weather, exhale and bend the body forward at the hips, elbows straight until the fists touch the knees. Then come to an erect standing position, throwing the arms outward horizontally and back as far as possible while inhaling forcibly. Exhale while returning to the position of fists to knees. Repeat sixteen times.

2. Stand erect with arms at sides, rotate the shoulders forward, upward, backward, downward, inhale forcibly while raising the shoulders and exhale while lowering shoulders. Repeat sixteen times.

3. Standing erect, clasp the hands behind the back, throw the chest out and up and the shoulders back while inhaling, and vice versa. Repeat sixteen times.

4. Standing erect, arms at sides, inhale while extending the abdomen, chest stationary, then inhale as much more as possible by extending the chest. Exhale slowly and repeat sixteen times.

5. Breathe freely while doing the stationary run, that is, raise the thighs to a horizontal position alternately as in running, replacing the feet in the original position. Take from twenty to one hundred running steps or more in this manner.

Exercise for the Kidneys.

6. From a standing position, bend the body forward, knees straight and stiff, until the fingers touch the floor and return to an erect position with

the hands to the chest. Repeat sixteen times. If difficulty is experienced in touching the floor, bend as low as possible.

Exercise for the Spine.

7. From a standing position while swinging the arms forward and upward in front of the body, raise on the toes and stretch upward as far as possible. Repeat sixteen times.

Exercise for the Liver.

8. While standing, with the feet spread apart as far as possible, keeping the knees stiff, bend the body from side to side, raising the arms alternately sidewise to a vertical position while the opposite hand touches the knee. Repeat sixteen times.

9. While standing with the feet apart and knees slightly bent, extend the arms forward. Then bend forward, turn the body to the right while bringing the arms practically parallel in a sweeping curve downward near to and just outside the right foot. This much of the exercise is like the act of chopping wood. Continue the sweeping motion of the arms as far backward as possible and upward, raising the body in the meantime and carrying the arms with a swinging motion forward and downward through the original position, then downward and backward past the left foot, while the body is bent forward and turned to the left, bringing the arms, somewhat parallel, upward at the left and rear, while raising the body and continue the swinging motion of the arms forward and downward through the original position for the second time and continuing on downward past the right foot as before. Repeat sixteen times. This is known as the "Gladstonian Exercise," from Gladstone's famous exercise of chopping wood. It will be noted that the paths described by the hands somewhat resemble a large figure eight, made horizontally instead of vertically.

Lying Down Exercise, for the Stomach and Intestines.

10. Lie flat on the back on a large bath towel, or sheet if desired, but preferably not on a bed, as a bed is not sufficiently rigid. With the arms at the side bring the chin to the chest and push the hands downward along the thighs and visa versa. Repeat sixteen times.

11. Next come to a sitting position, keeping the hips, knees and heels on the floor, and return to the original position. Repeat from eight to sixteen times.

12. Bend the knees while bringing the thighs up hard against the abdomen. Bring the knees up to as near the chin as possible. Repeat sixteen times.

13. Raise both legs from the floor to a vertical position, while keeping the knees stiff, and return. Repeat sixteen times.

14. Flex the knees and place the feet on the floor at approximately the place over which the knees rested. Then contract the abdominal muscles, firmly depressing the abdomen as far as possible but without exhaling. Then expand or raise the abdomen as much as possible without breathing. Repeat several times while holding the breath. Then take one or two breaths and repeat. This is a valuable exercise in cases of constipation.

One should get in the habit of following the exercises with a cool or cold bath. If one's vitality and physical condition are satisfactory, he should take a cold bath, if not, a cool bath. At all events a cold or cool sponging or rubdown should follow.

The best time to take these exercises is in the morning upon arising. However, they can be taken the last thing before going to bed, or during the day, but not immediately following any meal.

Any suspicion of the existence of any kind of heart trouble should cause anyone to be carefully examined by a competent physician and his advice secured before beginning such exercises.

Finally, remember that learning the habit of taking these exercises is not a lazy man's job. It requires persistence and determination and those with jelly-fish backbones will not persevere and no benefit will be derived, while those who do persevere will find that the twenty to thirty minutes spent each day in the proper care of the body will be repaid many times during the day in better work, more work, and greater ease and comfort in doing it than would be otherwise possible. Furthermore, he will be much freer from disease and minor ailments and will live much longer than he would otherwise.

HEADACHES

How to Cure Them and How Not to Cure Them

HHEADACHE is a popular disorder. Nearly everybody now and then disgraces himself with one. A headache is not a disease in itself. It is just a danger signal. It is Nature's fog horn, announcing shoals near by. It is usually a sign of some functional disorder, something gone wrong. Right then is the latest date for filing an inquiry with yourself to find out the cause of the disturbance in the "upper story." Most headaches are easily preventable. The cause will usually be found if we will sit down and analyze our acts for the last twenty-four or thirty-six hours. It will frequently be found to be due to something we have eaten or drunk, causing slight digestive disturbance or constipation. Working in close, poorly ventilated rooms, worry, anxiety, and too close mental application are also frequent causes of headache.

If every one would play fair with

himself and refuse to treat his headache until he had first made an earnest, honest effort to locate the real seat of trouble, and then remove that cause and resolve to sin no more, we would have fewer drug habitues, dope fiends, coffee toppers, and coca-cola drinkers.

To cure a headache, don't try the drug route. Beware of the get-well-quick schemes. They are dangerous, particularly for weak hearts. After you locate the cause, endeavor to apply the remedy in the opposite direction. If it is indigestion, give your stomach a rest for a meal or two. If it is constipation, relieve the situation and then don't stop up your plumbing system again with such foods. Eat more fruits and vegetables and drink more water. If it is lack of exercise and ventilation, take a walk in the open air. Walk slowly at first and increase your speed a little as the pain subsides.

If the headache is still rebellious, take a hot foot bath and apply a cloth wrung from cold water to the head, neck and face. If it is very severe, apply an ice bag to the base of the brain. Mustard plasters applied to the forehead and back of the neck constitute counter irritants and drive away the excess blood. Care should be taken that they do not blister.


Nervous headaches yield readily to the soothing effects of rubbing. If possible, get some one to rub from the middle of the forehead backward across the temples gently for a few minutes.

Don't be satisfied with relieving a headache. Go one step further and remove the cause. Remember, a headache is a disgrace. It is a punishment for violating Nature's laws.

Don't try to be a "strong man"; the champion athlete often dies young. Be a moderate, persistent, daily exponent of exercise.

SKIN CANCERS

When to Be Suspicious of Moles, Sores, Cracks and Fissures in the Skin

 HE keynote to the cancer problem is early diagnosis. If this disease were accompanied by severe pains in its earliest stages the large majority of patients could undoubtedly be cured by modern methods of treatment. Cancer of the skin in its very early stage can be cured by appropriate modern treatment. Fifty per cent of all forms of cancer come to the surgeon or specialist too late. The early stage of cancer is unaccompanied by pain, hence the patient does not seek the doctor early. All ulcers or tumors of the skin are not necessarily cancerous, and the treatment varies according to conditions. When there is on the lip, especially the lower one, any persistent local thickening, sore, fissure or crack of several months duration, then it is suspicious of the early stage of cancer. It is dangerous to irritate such a place by sucking or picking or putting any kind of caustic paste on it because usually such treatment causes the disease to grow much faster and to form "roots," as the public call them.

Another kind of skin cancer begins as a small mole-like pimple which gradually increases in size. It is more dangerous when it is colored (brownish or blackish); later it bleeds easily, especially when scratched or pinched. It appears to heal, but after a while breaks down again and grows gradually. Soon it begins to have "roots," which means that the nearest glands have become diseased. This can be cured when recognized, in its early stage, before it has "roots." Another kind of skin cancer begins even more innocently, as in its very early stage it is like a persistent scaly spot, or as if the skin had been rubbed off, or as a chronic crack, or like a wart or mole. The patient thinks nothing of this, because it looks so innocent, does not hurt at all and now and again it seems

to heal and then break out. But in fact, if left alone, such a cancer can destroy both the nose and eyes or attack the ears.

Ordinary moles, whether colored or white, and especially the former, are decidedly dangerous when they begin to increase in size or get irritated. Generally speaking when moles are situated in areas which are subject to friction, then they ought to be removed.

So the advice to the public is to seek the doctor or specialist in the early stage of the disease, because the expense of treatment is then very much less and there is a much greater chance of being cured.

AIR IS LIFE

The air is life. We can go without drinking water for six days. We can go without eating for forty days. But we cannot go without breathing for four minutes.

To be strong, well, happy and efficient, we must be hygienic in our habits.

Soap, water, and sanitary plumbing are now accepted, but poisoned air in many a home is the rule. All disease is indecent. Only healthy people are lovely and lovable.

We can eat our peck of dirt all right, and then go on and eat another; but we cannot breathe a peck of dirt without stopping up lung-cells; and then follows a condition where the blood is imperfectly oxygenated. Faulty elimination results. The germs of tuberculosis jump the claim, and the toxins that these "tubercs" produce, poison the well-springs of life, and we get what the people out west call a "lunger."

It is only within recent times that we have recognized the necessity of fresh air. There is plenty of out of doors and there is no Federal tax on it.

Moral: Use plenty of fresh air—*The Philistine*.



What better packages of Christmas Happiness can you buy? Use

RED CROSS Christmas Seals

They save lives from tuberculosis and protect your community.

You can't make your Christmas gifts or letters any more acceptable than to place a Red Cross Seal on every one you send out this month



The Health Bulletin

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No. 10

Just Getting Started

Than 1915 there has been no greater year in health work in North Carolina. More people than ever before have learned and applied some of the fundamental principles of public health and personal hygiene. Among the other noteworthy advances might be mentioned the fact that approximately 100,000 people were immunized against typhoid fever. This means preventing approximately 5,000 cases and 300 deaths during the period of their immunity. At \$200 per case and \$1,700 per death, it represents a saving to the State of \$1,510,000.

The tuberculosis sanatorium, with a capacity of 60 patients, has been crowded to the doorways and halls with nearly 100 patients all the year. As fast as cures and arrested cases can be discharged, recruits are taken from the ranks of the waiting list. One wing of another building will soon be completed to house another 50 patients. Accommodations for 500 are needed.

The whole-time county health officers have spread the gospel of health and sanitation in season and out.

Many cities and towns and counties have accomplished definite pieces of health work, such as medical inspection of schools, typhoid immunization, smallpox vaccination, quarantine work, built sewer systems, waterworks, etc.

But is this all? No. It is but the beginning. Even yet over 10,000 people die needlessly or prematurely in North Carolina annually. Shall we rest on our oars now or plunge into the future with renewed determination to conserve to the State her greatest asset—the lives and health of her people?

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

- No. 12. Residential Sewage Disposal Plants.
- No. 14. Hookworm Disease.
- No. 19. Compilation of Public Health Laws of North Carolina.
- No. 23. The Vital Statistics Law.
- No. 27. The Whole-Time County Health Officer.
- No. 29. Rules and Regulations for County Boards of Health.
- No. 30. Measles.
- No. 31. Whooping Cough.
- No. 32. Diphtheria.
- No. 33. Scarlet Fever.
- Anti-Spitting Placards (5 inches by 7 inches).
- No. 39. Tuberculosis Leaflet.
- Anti-Fly Placards (14 inches by 22 inches).
- Anti-Typhoid Placards (14 inches by 22 inches).
- Anti-Tuberculosis Placards (14 inches by 22 inches).
- No. 41. Tuberculosis.
- No. 42. Malaria.

- No. 43. Practical Privies.
- No. 44. State Policy for the Control of Tuberculosis.
- No. 45. The Control of Smallpox.
- No. 46. Compilation of County Health Laws.
- No. 47. Privy Leaflet.
- No. 50. Baby Leaflet.
- No. 51. Rules and Regulations of County Boards of Health.
- No. 52. Malaria and What Everybody Should Know About It.
- No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough.
- No. 54. Disinfection After Scarlet Fever.
- No. 56. Tuberculosis Leaflet No. 2.
- No. 57. Health Helps for Teachers.
- No. 58. Fly Leaflet.
- No. 59. Typhoid Fever Leaflet.
- Sanitary and Hygienic Care of Prisoners.
- No. 60. Cancer Leaflet.
- No. 61. How to Nurse a Tuberculous Patient.
- No. 63. Health Catechism.

THE Health Bulletin



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EDITORIAL BREVITIES

Soap and water, sunshine and fresh air, thoroughly applied, are the best disinfectants after disease, and the best preventives before.

Be polite enough to shield your nose and mouth with a handkerchief if you must sneeze or cough in the presence of others. Politeness is akin to health, anyway.

Some men are old at 45, others are young at 70. It is not so much a question of the calendar as it is a matter of right living that determines old age and the period of usefulness.

Don't forget to air out the sitting-room several times a day, even if it is heated by an open fireplace. Much of the heat goes up the chimney, but much of the foul air remains in the room.

Start the new year with at least one health resolution, and why not make it that you will treat your body with more consideration this year than last? It's ten to one that it deserves it.

There is a fountain of youth—right living. When we learn to value a healthy body as the best of our possessions and give it the treatment it deserves, then we will have indeed found the fountain of youth and all its virtues.

North Dakota is erecting an open-air school at her State Sanatorium for her tuberculous children, a class of twenty. She believes in saving the tuberculous child instead of later taking care of the advanced consumptive.


In the earlier years of school life the physical development should be watched more carefully than the mental. Take care of the physical, and the mental processes are made easy. Physical defects and weaknesses spoil mental development and in the end make it worse than useless.

Don't let up on exercise just because the weather is cold. You need more exercise in cold weather than in warm to keep all organs in good working order, to keep the blood active and to the surface, and to keep the body toned up and able to resist cold. Walking is a valuable form of exercise and should be especially indulged in during cold weather.

Cultivate the fresh air habit; walk in it, sleep in it, work in it, live in it, and when you ride, ride this hobby; it is cheaper than a jitney and has no tire troubles. It will put bloom in your cheek, fire in your eye, and sharpen your wits; it will put spring in your step, laughter in your heart, and money in your pocket. Be known as a fresh air crank and turn your crankiness to good purpose.

TUBERCULOUS CHILDREN AND SCHOOLS

Shall Children With Tuberculosis Attend the Public School?

 HE question, What shall be done with tuberculous children? must be answered. For a number of years this question has been asked, and the importance of its decision has confronted many school officials and county boards of health. In 1914 the Rowan County Board of Health and County Superintendent of Public Instruction were called on to take some action as an answer to this question. Consequently, at a meeting of the County Board of Health, held January 19, 1914, in the office of the County Superintendent of Public Instruction, resolutions were adopted that seem to cover the ground completely and conservatively and meet the situation.

These resolutions meet the approval of both the State Superintendent of Public Instruction and the State Board of Health and are recommended by both to county boards of health, county boards of education, superintendents, and other school officials. They further recommend that all teachers and school authorities cooperate with the county board of health and education in securing the adoption and the enforcement of this regulation previously adopted by the Rowan County Board of Health, in order that the children attending the public schools may be protected against the danger of exposure to tuberculosis in a contagious or infectious form.

The resolution adopted by the Rowan County Board of Health and Board of Education and recommended to all other county boards of health and education by both the State Superintendent of Public Instruction and the State Board of Health here follows:

WHEREAS, in the judgment of the Board, the attendance at the public

schools of any child with tuberculosis is injurious to the public health and should therefore be prohibited; and,

WHEREAS, in the judgment of the Board, it is necessary to protect and advance the public health by preventing any such child from attending the public schools:


Resolved, first, that if a teacher in charge of any public school is informed and believes that a pupil attending such school has tuberculosis, it shall be the duty of such teacher, with the consent of the County Superintendent of Public Instruction, to prohibit such child from attending said school until such pupil shall furnish the teacher with a written certificate from the County Superintendent of Health that such child does not have tuberculosis, or that the disease is not such as to be contagious or infectious. And it shall be the duty of the County Superintendent of Health to have two bacteriological examinations made on separate days of the sputum or excrement of said child before giving such certificates.

Resolved, second, that if a householder knows that a child within his or her family attending a public school is afflicted with tuberculosis, he or she shall immediately give notice to the County Superintendent of Health or to the County Superintendent of Public Instruction.

Resolved, third, that the foregoing are hereby adopted as rules and regulations of the County Board of Health, as authorized by section 9, chapter 62, of the Public Laws of 1911.

KEEP SCHOOLS OPEN

Use Schools As An Aid in Keeping Down Infectious Diseases

 IPHTHERIA in Henderson has given strength to the belief that there should be periodical inspection of the school children in order to prevent the spread of contagious diseases, says the *Western Carolina Democrat*, published at Hendersonville. Continuing, it says:

Had an inspection been made it is likely that pupils would not now be prevented from attending the public schools as well as Fassifern, and that

there would not be a deprivation of the public school of one of its teachers.

A later issue of the same paper, stating that the epidemic of diphtheria had been brought under control, tells how it was done, and compliments the town for its foresight and the precedent it has established in controlling the diphtheria epidemic by means of keeping the school open and using it as an aid instead of closing it. The paper says:

The school and city authorities were facing quite a problem when the spread of the disease was in its most threatening stages, and there was difficulty in determining with unanimity the proper course to take. While some favored closing the schools, moving-picture houses and other places where the children collected, Professor Briggs contended for the daily examination of school children. Coming along almost simultaneously with this decision was the announcement in the health bulletin of the State that a school should never close for an epidemic, but that daily examination should be made, as was done in Hendersonville. It was, in a way, a compliment to the initiative taken in the Hendersonville situation despite criticism to the contrary, and no doubt that course has established a good precedent that should be followed in Hendersonville, for the people can now see the good judgment shown in the matter.

Hendersonville has not only found that closing school in case of a threatened epidemic of some contagious disease is a loss of time and money as far as the educational interests are concerned, but that it is a sorry, inefficient means of meeting and controlling the situation from a health standpoint. By keeping the school open and making daily examinations of the school children, as Hendersonville did, it was possible to keep infection from spreading at school and to locate and control cases in the homes. The old way of closing school because we were helpless and didn't

know what else to do has passed, and now we'll put our knowledge and better judgment to use and profit accordingly.

KILL THE WINTER FLIES!

Now Is the Time to Begin Next Summer's Campaign!



THE coming of the cold weather has driven the flies into the house and under cover. Most of the last season's flies, having completed their life cycle, are dead; but those hatched late have laid their eggs in a favorable place for incubation in the early spring and will survive the winter in an even temperature. These winter flies will become the progenitors of next summer's countless billions!

At the first approach of cold weather, the flies seek warmth and protection in houses and stables. From cellar to garret, they hide in nooks and corners. Keep them out. If any succeed in getting in, kill them. Swat every one that shows himself, and be sure to burn their bodies.

Don't trust the cold to kill them. Don't assume that they are dead when you find them lying on floors or window sills in unused rooms. They are "playing 'possum" and will revive when the temperature rises.

Clean up the house and give special attention to every out-of-the-way place where flies may lurk. Make sure that there is nothing left which may harbor their eggs.

The reduction of the number of houseflies this year has been noticed by almost all observers. This reduction has been most striking in households, in restaurants, and in buildings where flies generally congregate. It is believed to be in great measure due to the active campaign against the winter fly, and to the vigilance of the

tidy housewife in cleaning up and destroying the "holdover" in the spring.

One fly that survives the winter may become the parent of myriads next summer!

Y. M. C. A. BOYS AND MOSQUITOES

Twenty-six Y. M. C. A. boys in Greensboro entered a contest in the matter of seeking out and destroying mosquito-breeding places in Greensboro. During the week of the contest 128 breeding places for mosquitoes were located and destroyed.


Three valuable medals were given to the three boys who found 20 or more mosquito-breeding places and destroyed them. Mr. Harry Schiffman won first honors by locating 28 breeding places, while Raymond Pearce scored 21, and Charles L. Hinkle 20. Dr. J. T. J. Battle, as head of the anti-mosquito campaign in Greensboro, decorated the winner with a sterling silver medal and furnished a bronze medal to each of the other boys scoring over 20 mosquito-breeding places found and destroyed.

Of course, the mere destroying of 128 breeding places for mosquitoes is not the full measure of the value of such a campaign. It taught not only the 26 boys actively engaged in the campaign, but also the families of these 26 boys and a great number of other people a whole lot of things about mosquitoes and mosquito breeding places that they did not know before. This was a splendid idea, and we congratulate Greensboro on the move.

Colds do not "turn into" pneumonia, bronchitis, or consumption. They weaken the tissues in particular and the body in general, so that the germs of pneumonia, bronchitis, and consumption, which are quite different from the cold germs, find easy entrance.

DUMMY WANTED!

Fourteenth Century Method of Taking Patent Medicine

ONG have superstitions in medicine persisted. In Chaucer's day, the fourteenth century, violent and poisonous drugs were used, but luckily they were often administered to a little dummy which the doctor carried about with him. As we read each day in our newspapers of the various nostrums advertised as curing every mortal ill, we may well wonder if the average credulity has really greatly lessened after twelve centuries of fakes and faith cures, and we almost long for the return of the day when the medicine man practiced on a dummy instead of the human body.—*Prof. Call Holliday in Scientific Monthly.*

COMMON TOWELS

New Hampshire is awake to the importance of the "common towel" health menace. In order to carry into effect the requirements of a Board of Health regulation, the health officers are directed, under authority of law, to prohibit the use of the common towel in hotels, schools, railroad stations, public halls, churches, barber shops, stores, public baths, and all other public places.

The term "common towel" shall be considered to mean a roller-towel, or a towel available for use by more than one person without being washed after such use. The paper towel is cheap, and is gaining in popularity. Just as the paper napkin has become a useful household commodity, so the towel will not only save a large amount of laundering, but every member of the household may have his individual towel without the trouble of keeping a separate rack or mark to distinguish his personal property.



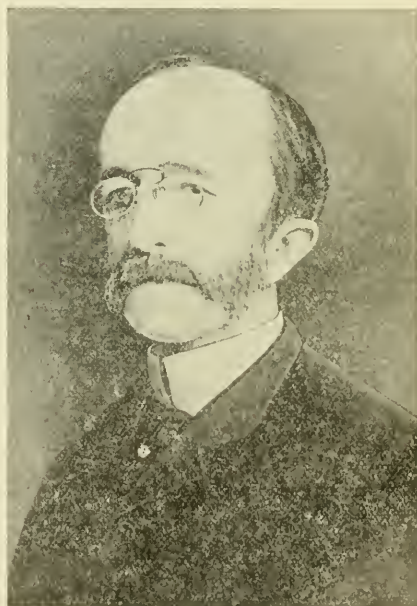
EDWARD LIVINGSTON TRUDEAU

Founder of the Open-Air Treatment for Tuberculosis

THE open-air treatment of persons suffering with tuberculosis owes its beginning and its success to Dr. Edward Livingston Trudeau, of Saranac Lake, N. Y. Doctor Trudeau, who died November 15, 1915, at the age of 67, was born in New York City in 1848 and was given his boyhood education in Paris. He graduated in medicine from the College of Physicians and Surgeons in New York in 1871, but the next year, at the age of 26, he was stricken with tuberculosis of the lungs, or, as it was then called, consumption. This he contracted from nursing a brother who died from the same disease. No precautions were taken against the then unknown dangers of infection, and the room was kept overheated, with windows tightly closed "lest," the doctor said, "fresh air enter and do the patient harm." On knowing the nature of his disease, Doctor Trudeau went into the Adirondack Mountains, literally to die, for the best medical advice had given him only six months more of life. Here he built himself a small cottage and lived the simple, outdoor life, and here he found he was not to die like his brother, but to live—and to work.

What appeared to be the end of his career was really the beginning of it. His life of forty years in the Adirondacks has resulted in the healing and restoring to health of thousands suffering from the same disease from which he suffered. In 1884, he founded

the Adirondack Cottage Sanitarium, and in 1894 he founded the Saranac Laboratory for the Study of Consumption, the first laboratory exclusively devoted to the study of tuberculosis in this country. Doctor Trudeau lived to see the institutions which he found-



EDWARD L. TRUDEAU, M.D., 1848-1915.

First in the United States to demonstrate on a practical basis our present successful method of treating tuberculosis by means of rest, fresh air and proper food.

ed established on an enduring basis. He saw the wild region where he located converted into a great health center, widely known and much sought by those having lung trouble.

But what Doctor Trudeau gave to Saranac is small compared to what

he has given the world. He knocked down the walls of consumptive hospitals from one end of the world to the other, converting them into open-air porches. Where there was one hospital for consumptives then, there are now thousands. He has forever banished the bogey that night air is poisonous and has established the great health fact that fresh air is healthful and restorative.

But Doctor Trudeau's personal influence is not the lesser of his gifts to the world. He proved in his own case that any person, even though crippled by tuberculosis, can still do effective, useful and happy work. He gave the world, especially tuberculosis sufferers, in his own life, one of the finest examples of optimism coupled with a steadfast spirit the world has ever known. Optimism was a greater part of his philosophy, and he himself defines it as:

" . . . a mixture of faith and imagination, and from it springs a vision that leads a man from the beaten paths, urges him to effort where obstacles block the way, and carries him finally to achievement where pessimism can see only failure ahead. Optimism means energy, hardships and achievements; pessimism, apathy, ease and inaction. Optimism may and often does point to a road which is hard to travel or to one that leads nowhere; but pessimism points to no road at all."

This "mixture of faith and imagination" Doctor Trudeau preached to his patients, and many, like Robert Louis Stevenson, one of his patients, through it won the fight and lived to preach it to others.

Sunshine and fresh air are God's agencies for keeping people well and strong. And, like all of God's gifts to the children of men, they are free. Why, then, should not every one have plenty of good, fresh air all the time?

CHILD'S STORY OF TUBERCULOSIS

Keep Strong, the One Big Rule to Obey in This Disease

BEFORE the year 1882 no one knew just what was the cause of tuberculosis. Then Dr. Koch, a German physician, discovered that it was a little germ, which he named the tubercle bacillus. It is so small that it has to be magnified several hundred times before one can see it. Although it is like a seed, it multiplies more rapidly than any kind of seed that we can see with our eyes alone. Millions and millions of them may be in sick persons' lungs. Yet this germ has been called "the most powerful bug in the world" because it kills more people than any other germ.

Tuberculosis is a disease which usually attacks a person's lungs. Then it is often called consumption. But it also seizes hold of other parts of the body like the bones, particularly in children, and it makes many cripples or hunchbacks of those whom it doesn't succeed in killing.

Tuberculosis kills more people than any other disease. While a large number of them are grown up when they die, many of the doctors believe that most of those who are killed by tuberculosis caught the disease when they were children.

Well people get these germs in their lungs from the sick. Often a person sick with tuberculosis does not cover his mouth with a handkerchief when coughing or sneezing and someone near him breathes in the germs with the little drops of moisture in the air, or carries them on his hand to his mouth. Often the consumptive spits on the floor or other wrong places, from whence the germs are carried in the dust, by flies, and in other ways, to people. So tiny are these germs that hundreds of them may ride on one little speck of dust or on a fly's foot. Sometimes children get the germs by

putting to their mouths cups or other articles that have been used by a consumptive.

After the tuberculosis germs were discovered, it was soon learned that they grow best in dark, close and dirty places, and that bright sunlight easily kills them. Tuberculosis is afraid of the open air; it loves damp, darkness and dirt. Although no medicine which you can buy will cure tuberculosis, we have learned that people can keep from catching it, and that those who have it may often be cured, if they will only live healthful lives and give fresh air, good food and pure water a fair chance to strengthen them.

Here are some simple rules which, if you follow, will make it very unlikely that tuberculosis will ever get a hold on you. There is one big general rule, covering all others. Following this rule is the best way to guard against tuberculosis—and also typhoid fever and most other diseases. It is: *Keep Strong*. If you keep your body strong and well it will fight off the germs, even though they get in you.

And here are some smaller rules to make you keep strong:

1. Always breathe *fresh air*. Never sleep, study, work or play in a room without a window open.

2. Eat *nourishing* food and drink plenty of pure water. Avoid food that is hard to digest, like heavy pastries. Never eat or drink anything that weakens the body, like alcoholic drinks.

3. Make sure that everything you put in your mouth is clean. Wash your hands always before eating and bathe your whole body often. Clean your teeth every day. Do not smoke—before you are grown up, at least.

4. Exercise every day in the open air. Keep your shoulders straight. Take ten *deep breaths* every day.

Soap, water, and sunshine promote cleanliness and health.

WHAT IS TUBERCULOSIS?

Tuberculosis and consumption are not precisely the same thing. Tuberculosis is the beginning stage; consumption the dreadful ending. Tuberculosis, if discovered and treated in time, does not have to become consumption.

Tuberculosis, as a word, comes from the Latin "tuber," meaning a little swelling or root, or lump. A potato is a tuber, likewise the little tubercular lumps forming in the tissues of the body indicating the presence of the tubercle bacillus. Tuberculosis, as a disease, is the presence and growth of this bacillus, or germ, in the body. The tubercle bacillus is alive. It is a parasite and requires some living tissue to grow upon. It is so small that it can be seen only by the most powerful microscopes. Six thousand of them laid end to end would be required to make a line an inch long. Six of them could lie end to end on the edge of a sheet of ordinary writing paper. A red blood corpuscle could easily hold half a dozen of them. Some varieties of this germ can multiply at the rate of 16,775,000 in a single day. "In the ordinary cough of the consumptive 100,000,000 of these germs are thrown into the air daily."

When living and uninjured germs are breathed in, and the strength of the body is too enfeebled to resist and cast them off, tuberculosis results. The germ, once lodged in the tissue, begins to multiply itself rapidly. The weakened body offers it good soil. The cells of the body begin to fight against this enemy, and in the battle many cells and many bacilli die. These form little lumps. Nature, to save herself, tries to cut off and eject these little lumps, but new bacilli get into the injured tissue and begin to break it down. This is consumption. When the body ejects the débris that accumulates from the struggle, the possibility and danger of contagion arises. The

person who a little while before was but a receiving station for dangerous germs, becomes now a generating plant, throwing millions of them off.

"Consumption," as a word, means being consumed, as by fire. In the ferment and fever which the activity of the tubercle bacilli brings with them, the body wastes away; it is, as it were, consumed by interior fires. Consumption is the terrible end of which tuberculosis is the preventable beginning. If tuberculosis is not prevented, it can be arrested if taken in time. If it is neither prevented nor arrested, it not only dooms the infected person, but endangers the whole community in which he lives—especially if he remains in ignorance of the fact that he is a human factory for the manufacture and distribution of disease germs.

Every sufferer of tuberculosis received the initial germ from some other sufferer. And each in his turn passes the disease along, if he is not instructed how to prevent it, or if he is not compelled to take precautions for the sake of others. Consumption is the dread consummation of tuberculosis. Tuberculosis itself, in its earlier stages, is a most serious warning, which, if heeded in time, need not often result fatally.

WHO IS THE DANGEROUS MAN?

It is the irony of consumption that it makes the person it attacks to be first its victim and afterwards its ally. The consumptive who has fallen a victim to the public carelessness and unrestricted freedom of other consumptives becomes in turn himself a menace to others. He passes rapidly from the period where he may be pitied to the period where he must be *feared*. As the disease progresses he becomes more than a sick man. He becomes a public danger. These may seem hard things to say, and there is possible a misunderstanding of them that works

an injustice to the intelligent, instructed and exceedingly careful consumptive who knows how to take care of himself and kill the germs which he breeds. But, in the main, the above statements will stand.

"Who is the dangerous man?" They are all dangerous, but not equally. Says Health Officer Price: "The consumptive who is doomed is not the dangerous man. He is bedridden, confined to his own house or a hospital; he is a marked man. But the man who walks the street—the thousands of men who are walking the streets, the children in the schoolroom—not knowing themselves that they have the disease, showing as yet no exterior signs of having it—these are the dangerous persons. These are the victims who all unknowingly are daily spreading the seeds of the disease amongst others."

Besides this early stage constituting a social danger, it is also the most dangerous period for the victim himself—dangerous because the disease has not so openly declared itself as to frighten him into seeking medical aid, and therefore his most hopeful period for a cure is allowed to pass. He is not only the dupe and victim of tuberculosis himself, but also its unconscious promoter in his home, factory, social circle and city. He not only infects others, but he reinfects himself by ignorantly inhaling or swallowing back into the body the germs he once ejected.

The time to fight consumption in one's own person is not when consumption lays one up—but before one even knows that one has consumption. This is done by presenting oneself to a competent physician at least twice a year, if in normal health, and immediately upon the appearance of any of the following symptoms: a cold that acts in a peculiar manner, "cough and expectoration without preëxisting catarrh of the upper respiratory tract," lassitude and continuous aversion to


effort of any sort, a light fever late in the day, loss of appetite, palpitation of the heart, slight pains in the chest—these justify any one consulting a competent and careful physician for an examination for possible tuberculosis. These are signs that you are not “wearing it out,” or “working it off,” as too many persons now dead of consumption tried to do.

The dangerous man is the man who does not know he has consumption and is therefore not instructed how to prevent himself being a menace to his fellows. Public carelessness in this matter is little short of criminal. Segregation of the consumptive becomes an imperative necessity—both for his own sake and for the public's sake. Consumption germs should be killed with all the promptness and zeal possible—and this is accomplished with absolute certainty in hospitals and sanatoria.

“Do not give consumption to others.”
“Don't let others give it to you.”

MARRIAGE OF TUBERCULOUS PERSONS

A Judicial Decision Annuling a Marriage Because One of the Parties Concealed the Fact That He Was Suffering From Tuberculosis

 HE courts have held in a number of instances that the marriage of a person suffering from a venereal disease might be annulled at the instance of the other party to the marriage when the existence of the disease had been concealed. The Supreme Court of the State of New York, in *Sobol v. Sobol* (p. 3175 of the current issue of the Public Health Reports), carries this legal principle one step further.

The defendant (the husband) had been treated for tuberculosis and knew that he was suffering from the disease. He concealed this fact from his fiancée, and explained certain symptoms by

saying that he was suffering from a cold. After the marriage his wife discovered the nature of his illness and brought suit to annul the marriage. No issue resulted from the union.

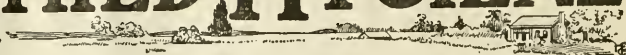
The court decided that, in view of the possible serious consequences of such a marriage to the wife, to the children if any should be born, and to the community, the marriage contract should be annulled. The legal basis of the decision was the fraud of the defendant in concealing and misrepresenting the condition of his health.—*U. S. Public Health Reports.*

CHRISTIANITY MADE PRACTICAL

Today we can work the works of God in healing the sick by preventing sickness and keeping people well. Today we have learned that all the dark and tragic things that afflict our humanity have causes that can be known and recorded. Disease and crime, poverty and blindness, feeble-mindedness and misery have causes that are human and social. Today the modern conscience demands that we find these causes and deal with them. Today we can prevent much sickness, reduce the death rate one-half, provide that no person shall be blind or lame, and save the last life from tuberculosis. We will heal the sick by keeping people well. We will feed the hungry by creating an industrial system where every one can earn and eat his daily bread. Once we were content to build hospitals; today we teach the laws of sanitation. Once we were satisfied to nurse the consumptive girl; today we demand a sanitary home for every one. Once we built orphanages; now we want to know why children are orphaned. Once we were content to run a Red Cross Society; now we insist that the slaughter shall stop. This is our modern way of continuing the ministry of Christ and working miracles in His name.—*Rev. Samuel Zane Batten, D. D., Philadelphia, Pa.*



CHILD HYGIENE



HEALTH FIRST, EDUCATION NEXT

Children Should be Taught to Practice Health Instruction

IT is self-evident that the mental development of the child cannot be secured through education unless it has sufficient physical vigor to perform the acts required by the educative process. Nature is concerned first of all in maintaining life, and demands that the energy of the child be directed primarily toward that end. The normal child is endowed with more energy or vigor than is required for nutrition and growth. For educational purposes this "factor of safety" may be regarded as the margin to be utilized by the school of intellectual development.

If vigor be deficient on account of inadequate nutrition, imperfect breathing due to adenoids, constant combating of bacterial poisons from infected tonsils or decayed teeth, or if it be made ineffectual by imperfect sense organs, there is less margin left to be utilized in educational processes. This is the reason that children suffering from these physical handicaps often do not keep up with their grades in school.

The margin of physical vigor in excess of bodily needs is the capital which the child has to invest in education. It is the first business of the school to see that this capital is as large as possible. The school, therefore, should give primary attention to the health of the children, not only for the sake of health itself, but also to the end that education may be more effective.

The health problem in the schools includes school hygiene, medical in-

spection and health instruction. School hygiene is concerned with the physical environment as regards air, light, heat, seating facilities, etc., and with the adjustment of studies to the mental activity of the child with reference to fatigue and efficiency. The former is largely an architectural problem, while the latter is a pedagogical problem.

Medical inspection is concerned with the prevention of communicable diseases and the discovery and correction of physical defects which serve as handicaps to the progress of the child. Health instruction should deal not only with personal hygiene and the health of the individual, but also with the measures for the protection of others from the causes of disease or ill health. These problems are best dealt with by medical inspectors, school nurses, teachers and health officials working in coöperation.

Health instruction should be something more than instruction in anatomy and physiology. A child has little use for the knowledge that there are 208 bones in the body, and that these bones are moved by upwards of 500 muscles, but he does have use for a knowledge of how to protect his body from invasion by any one of the several species of germs that cause communicable diseases. It is of small moment for a child to know that one of the small facial muscles is called the *levator-labii-superioris-alaeque-nasi*, but it is of much moment that he know how to use his muscles to keep his body in proper position. The knowledge that a tooth is composed of enamel, dentine and pulp is of small value compared to the knowledge of

how to keep the teeth clean to prevent decay.

Any information that may be imparted by the teacher, health official, medical inspector or nurse will be of little value to the child unless it results in a bettering of his conduct. A boy gains nothing by knowing that spitting on a ball may spread disease unless he ceases to spit. A child does not profit by the knowledge that an erect posture gives the lungs more room by allowing greater latitude in respiratory movements unless he acquires the habit of an erect carriage. The formation of hygienic habits is the end to be sought in health instruction. Such habits can be more effectively formed if the child's surroundings first be made hygienic and his physical handicaps removed.—*New Jersey State Department of Health.*

TOOTHBRUSHES AS GIFTS

The Colorado Fuel and Iron Company takes the banner for useful, practical gifts, and sets an example for SPUGS (that is, the Society for the Prevention of Useless Giving). This company has recently made arrangements to furnish toothbrushes to every child living in the camp of the company, numbering, we are told, several thousand. Furthermore, the company issues a circular explaining in detail the value of the toothbrush and the necessity for the care and preservation of the teeth and their effect on health.

There is no question but that men everywhere, and business men in particular, are beginning to realize that the most important business before business men is the business of public health and the business of keeping their present and future employees healthy and efficient at all times.

"A baby should have a toothbrush instead of a rattle."

GROWING GOOD TEETH

This is in good part work for the mothers. Foundations for them are made or marred to some extent by the food the children receive. But aside from the question of nourishment for the teeth, there is a question of their proper use and exercise. Exercise is just as necessary to the proper development and healthful maintenance of the teeth and tissues into which they are set as of any other part of the body. But in these days of breakfast foods and mush, there is a superabundance of soft foods and not enough requiring vigorous chewing, so the teeth, the jaws, and the mouth fail to develop properly and to maintain their normal condition, thus unsightly irregularities of the teeth result. There is reason to believe that the evil effect of insufficient chewing extends even to the anterior and posterior nasal passages, and may have something to do with the presence of troublesome adenoid growths which are often the cause of mental backwardness in children.

TEMPORARY TEETH.

It should not be thought that, because the temporary teeth are not to last for a lifetime, it makes but little difference whether they are well cared for or not. If they are extracted or lost prematurely the adult jaws do not properly developed and the permanent teeth are likely to be crowded and irregular, thus being unsightly and subject to early decay.

WHY TEETH DECAY.

Heredity and prenatal influences have something to do with the durability of the teeth, as does the food of the child during the formative period of the temporary and permanent sets. But the exciting cause is chemical action due to faulty care of the mouth and teeth. Particles of

food remaining on or between the teeth ferment or decompose and form acids. These acids, acting pretty continuously in badly-cared-for mouths, dissolve the structure of the teeth, and after a while the nerve pulp is exposed, and then follows the full train of symptoms, pain, abscess, loss of teeth, etc.

For the want of care, the teeth may also be lost by the accumulation of tar-tar and the resulting inflammation of the gums and absorption of the sockets of the teeth. The teeth may also be injured by the use of foods which contain too much acid, or by injurious tooth preparations.

CARE OF THE TEETH.

From early childhood the habit should be formed of giving the teeth regular attention. With a suitable toothbrush, water, pure soap, and precipitated chalk the teeth should be cleaned carefully and thoroughly.

A small brush with bristles of uneven length is best. Brush the teeth and gums inside and outside, up and down. Pass waxed floss silk between the teeth after each meal in order to remove the food and other foreign matter collecting on these surfaces. The teeth should be brushed before breakfast and after each meal. There is reason to be shy of the tooth preparations on the market, as many of them are injurious to the teeth. A pure soap and precipitated chalk are sufficient and safe, besides costing much less.

WHEN TO VISIT THE DENTIST.

Do not wait until filling or extraction is necessary. Arrange with a dentist to examine your teeth at least twice a year and to advise you. It is better and cheaper for you to enlist his services in the prevention of trouble than to wait and give him the larger operations, which will be harder for you and cost more.

REASONS WHY THE BOTTLE-FED BABY IS HANDICAPPED

Cow's milk is often sour.

Cow's milk must be measured and prepared with scrupulous care.

Cow's milk is Nature's food for a calf—not for a baby. Cow's milk may make your baby weak and sickly.

Cow's milk, as we receive it, is never entirely free from germs and dirt.

Most of the communicable diseases may be transmitted through cow's milk.

Ten babies fed on cow's milk die to every one fed at the breast.

Cow's milk is the only perfect food for a calf.

Bottle-fed babies very frequently become afflicted with fatal bowel troubles.

You put your baby under a ten-to-one handicap when you feed it on cow's milk.

REASONS WHY YOU SHOULD NURSE YOUR BABY

Breast milk is always ready and is never sour.

Breast milk does not have to be prepared or measured.

It is Nature's method and was intended for your baby.

It will make your baby strong and healthy.

It is absolutely free from germs and dirt.

It protects your baby from many infant's diseases.

It is safer for the baby.

It is the only perfect food for the baby.

It contains the proper elements of food in the right proportion for the growing child.

Breast-fed babies seldom have bowel trouble.

Your baby will have the best chance of living if it is breast fed.

IMPORTANCE OF HAVING YOUR BABY'S BIRTH RECORDED

The record of the birth of every North Carolina child is a matter of great importance. Many of the answers to the most vital questions that may hereafter be presented to your child will depend upon this record. Many children and adults have been deprived of heritage because their parents failed to have their birth recorded. Payment of life insurance policies is frequently hastened by a properly recorded birth certificate. Entrance to schools, especially in crowded cities, frequently depends upon the presentation of a copy of a properly recorded birth certificate. Important positions are often dependent upon proof of age and nationality, and there is no proof as positive as a properly recorded birth certificate.

Are you sure the birth of your child has been recorded? In order to make yourself doubly assured of this fact apply to your local registrar for a copy of the birth certificate.

ADVICE TO NURSING MOTHERS

Keep yourself well. As long as you are well, your baby will probably be well.

Don't be discouraged if you have but little milk at first. Feed the baby a little from the bottle after nursing when necessary, but do not give up nursing. Be patient and try again.

Eat plain, nutritious food. Avoid salads, pickles and spicy foods.

Drink plenty of water and milk. Avoid tea, coffee and alcoholic beverages.

Nurse the baby regularly, always giving both breasts. Feed him by the clock and not longer than twenty minutes at one time.

Until he is four months old, nurse every three hours up to 10 o'clock at night and only once during the night; seven nursings in twenty-four hours.

After he is four months old, omit

all night nursings; give but six nursings in twenty-four hours.

When the baby cries between feedings, give him cooled, boiled water without anything in it.

WATCH FOR THE SCHOOL DISEASES

Diphtheria, scarlet fever and measles are very contagious (catching) diseases. They spread quickly from the child that is sick to other children. It is important to send for the doctor in case a child is not getting well. The following signs of the diseases and advice as to how to care for them will be of help to you

DIPHTHERIA.

Signs—Sore throat with a gray film or membrane on the throat and tonsils or in the nose; fever.

It is caused by a germ called the diphtheria bacillus. This can be grown in a tube of jelly called a culture. Diphtheria often ends in death, especially when it affects the windpipe. It is then called "croup." The only cure for diphtheria is antitoxin. If antitoxin is given on the first day of the disease and in large enough dose, ninety-nine out of one hundred patients get well. The injection is harmless, not painful, and leaves no scar.

Children who have diphtheria must be kept away from the rest of the family until cultures from the nose and throat no longer show the diphtheria bacilli.

SCARLET FEVER.

Signs—A bright red rash over the whole body, coming out one day after sickness begins; sore throat; vomiting; high fever; four or five weeks later the skin peels off in scales.

Children who have scarlet fever must be kept away from the rest of the family until the skin has finished peeling and the child is declared well by the doctor or nurse of the Department of Health.

BEFORE BABY COMES

Motherhood should cause no fear of trouble. Giving birth to a baby is natural and normal.

As soon as you know a baby is coming, engage the best doctor you can afford and place yourself under his care.

If you had one miscarriage, another may be prevented by proper treatment.

If you cannot afford a doctor, apply to a hospital or dispensary where experienced doctors and nurses will advise and care for you.

A nervous, overworked, underfed woman cannot expect to have a strong, vigorous, healthy child.

The expectant mother requires an extra amount of sleep, and a daytime rest for an hour or two is desirable. She should keep the windows open while she sleeps.

Much climbing of stairs and the use of the sewing machine should be avoided during the later months of pregnancy.

Hard household or factory work during the later months of pregnancy tend to bring on miscarriages, or to make a child small and delicate.

When labor is threatened before the proper time, the expectant mother should go to bed at once and remain perfectly quiet until the danger is over.

Walks in the open air should be taken during the entire course of pregnancy. Exercise in the fresh air and housework with the windows open are better than medicine.

Violent exercise in any form should be avoided.

Daily bathing is necessary for the best health of the mother.

At least one satisfactory movement of the bowels should take place every day; if there is any difficulty about this, the doctor should be consulted, for it is important.

It is necessary to drink plenty of

water so that the kidneys will act freely.

Loose, comfortable clothing is essential to the comfort of the mother and the welfare of the child. Skirts and dresses should hang from the shoulders; but no tight bands about waist or chest.

Breasts and nipples should be kept clean and softened with a little vaseline each day; this will make the act of nursing one of pleasure and satisfaction instead of one of pain and discomfort.

Expectant mothers must have plenty of simple nourishing food; the baby must not be starved before it is born. Tea and crackers will not make milk and strength. Also, highly seasoned, rich and fried foods should be avoided. Overeating surely taxes the organs which care for waste materials and may cause serious illness.

DIET FOR MOTHERS.

The following diet is recommended during pregnancy and nursing:

All kinds of soups.

All kinds of fresh fish boiled and broiled.

Meats—once a day—beef, mutton, lamb, veal, ham, bacon, chicken or turkey.

Eggs—freely—one or two each day.

All cooked cereals with milk and cream and sugar.

All stale breads, avoiding fresh bread and rich cake.

All green vegetables—peas, string-beans, asparagus, cauliflower, onions, spinach, white and sweet potato, celery, lettuce and other plain salads with oil.

Desserts of plain custard and pudding, ice cream; no pastry.

Fruits should be freely taken; all ripe raw fruits and cooked fruits.

Drinks—milk, buttermilk, cocoa, and plenty of water, one or two quarts daily; tea and coffee sparingly and not strong, once a day. No beer or other alcoholic drinks.



PUBLIC HEALTH AND SANITATION



FIVE NEEDS OF THE FUTURE

In Order to Lower Death Rate and Improve Health Conditions

FEW of the things to hope for in the future in order to minimize preventable sickness and stay off postponable and premature deaths have been pointed out by Dr. Norman Bridge, A.M., in the December *Journal of the American Medical Association*. They are:

1. More educated health officers, and more education for them in universities. They must be sane people, men and women—certainly women as well as men!—who know how to get along with other people; who can usually get the laws carried out with the least friction, and who respect the rights of other people while loyal to the law; who are jealous of the rights of the weak and helpless, and who do not have an excess of official dignity, with projecting elbows.

2. Improvement in the hygiene of rural life and rural schools. Both are disgracefully below the standard in cities. Country life ought to be the healthiest life of all; and country schools can, with only moderate industry, be made as wholesome as any school in the metropolis. The movement to further this purpose ought to have our hearty encouragement. It is a profitable measure and means health and wealth for the whole country. It has not kept pace with the progress in the conveniences of country life, such as better roads, automobiles, telephones and free mail delivery. The country people are lamentably neglected in the matter of hospital care and expert nursing.

3. We should teach early and late the value of keeping the body up to normal vigor all the time. It wards off sicknesses and helps us to weather them when they are unavoidable, and it often keeps us out of the expensive hands of doctors and nurses. Early

diagnosis of apparently trifling ailments is important. Severe diseases are thereby often prevented. This is what the school inspection doctors do for the children. In sickness, procrastination is one of the most expensive and dangerous of our indulgences.

4. We need to make a vigorous campaign against flies, mosquitoes, and vermin. Swatting the fly is good, but it is a makeshift. We must destroy the breeding places of flies and mosquitoes. We know the methods of doing this, and it is infinitely cheaper than our burden from the unlimited breeding of these pests.

5. We ought to make a larger effort to lessen the spread and havoc of the venereal diseases. The economic loss to the nation from them is beyond computation. The results are great suffering, disabling complications that are sometimes mortal, blindness, insanity, barrenness, locomotor ataxia, aneurysms, loss of service, and other multiplied calamities. The list is long and sickening.

WHOLE-TIME HEALTH OFFICER

Press Comments on Work and Value to Counties of Such an Official

THE press of North Carolina has been appreciative and unstinting in its praise of the work and value of the whole-time county health officer. This feature of public health work, we believe, has passed its experimental stage and has become a work equal in importance to any feature of the State or county government. We believe the whole-time county health officer is rapidly coming into his full service and likewise into the recognition and appreciation his services demand.

The following excerpts relative to the whole-time county health officer

are taken from the more or less recent issues of State papers, and are for the most part editorial comments on his work:

The whole-time health officer in Sampson County has popularized the cause of public health. In his work in the schoolroom and in his work in the home he has taught the people the fine lesson that an "ounce of prevention is worth a pound of cure." He has opened their eyes to the necessity of sanitation. He has taught the people that the State sets a very high value on human life. He has taught the people how to take the better care of that human life. The health officer has done effective work in the stamping out of contagious diseases. By giving all of his time to the work he has been able to do things when they ought to be done and to maintain an office for the direction of his work. He has given the county a service the value of which can be reckoned in dollars and cents as well as in other ways. The cause of health has become linked up and identified with the cause of education. The county health officer and the county superintendent of education have worked together. When the school superintendent wants to organize a better school community he is backed up and assisted by the health officer, who preaches the cause of sanitation and health at the same time that enthusiasm is being aroused for education. Our health officer has examined children for defects; he has been successful in getting school committeemen to provide better sanitary conditions around the buildings and he has secured the coöperation of the teachers and pupils in his campaign for better living conditions.

This summer Sampson has had to make no special appropriation for the typhoid inoculation campaign. Our own health officer has conducted a campaign of his own. There is hardly a schoolhouse in the county that has not at some time or other this summer been filled with the people of the neighborhood who are deeply interested in the campaign of typhoid preventive. There is not a man or woman in the county but what has had the opportunity of taking the treatment free. The health officer has undoubtedly been instrumental in saving a number of human lives through this campaign.—*Sampson Democrat*.

The *Gazette-News* believes that no one will deny the wisdom of having a "whole-time health officer" for the county, certainly no one with an understanding of what the health officer is doing and trying to do, and in one phase of his work at least it will be very easy to see what is being accomplished. So far as the examination of school children is concerned, it is a matter of facts and figures—so many children in a school found to be defective; so many treated; so many cured of defects. The *Gazette-News* believes it will not be long until every county in the State will employ the advice and services of a school health officer. And the county, taking a sordid view of it, may more than offset the expense by the saving on the pauper list.—*Asheville-Gazette News*.

The *Chapel Hill News* states the case effectively for a whole-time health officer for Orange County. Last summer the United States Public Health Service made a sanitary survey of the county. As a result of the survey the county scored 35 per cent improvement in sanitation, the highest score made by any county in the country. The county's typhoid rate was reduced from 160 cases in 1914 to 19 cases in 1915. In view especially of the start which has been made, the paper voices the opinion that the county commissioners cannot perform a greater service for their county than by providing for a whole-time health officer. With the work already so well begun, the county should not permit itself to take any backward step.

"Vance County and the city of Henderson, Monday, did a wise and handsome thing in employing a physician for all his time as health officer," says the *Henderson Gold Leaf*. Every county needs a whole-time health officer, but we have too many counties whose people think they cannot afford to have the lives and happiness of their families so safeguarded. Yet many of these same counties, by eliminating the useless office of county treasurer, combining other offices in a business-like way, and paying salaries instead of fees, could save the cost of the county health officer twice over. While in many poorer counties the fees obtained by county officials are not large, in wealthy counties thousands and thousands of dollars go to over-

paid officials that should go into school or road funds.—*Progressive Farmer*.

In one respect, at least, the county of Forsyth is far ahead of the city of Winston-Salem. The county has a whole-time health officer and the city does not. The people of Forsyth County should be very thankful that they have a progressive board of county commissioners. Because the right men were put in the right place when the people went to the polls to elect three men to take charge of the county's affairs, many lives have been saved and thousands of dollars have been spent in upbuilding the county instead of being paid out for sickness that ought not to exist and for funerals that ought never to be held.

No one can read the report of Dr. E. F. Strickland, the county's whole-time health officer, covering his work for the year in the fight against typhoid fever in this county, without recognizing what a valuable asset he has been to the county by reason of the power given him by the county commissioners, who were such believers in the modern, scientific methods of fighting disease and death that they employed Dr. Strickland for his whole time, required him to give up his private practice and gave him an office in the courthouse, just as the other county officials have. In doing this, the county of Forsyth gave the promotion of health the same recognition that is given to the building of roads, the enforcement of laws, the recording of deeds, the holding of courts, and the keeping of the jail and the county home.

Besides this work on the part of the health officer himself, the idea and practice has been caught up and has spread, not as a disease contagion, but as a health contagion, influencing the citizenship of the whole county to place a higher value on preventive medicine and its power to prevent disease. It is quite possible that if the county commissioners had not employed a whole-time health officer we might not until this day have had a single dose of antityphoid vaccine administered in the county or the city. Vaccination against typhoid was started in this county in April, 1914, by Dr. Strickland, and later the city took it up with such splendid results. Seeing that the people outside the city limits were being given the op-

portunity to become immunized against typhoid, there was nothing left for the city but give the people inside the city limits the same opportunity to save themselves from disease and death.—*Winston-Salem Journal*.

Think of it! among a population of around 1,200 in East Lumberton, 500 or more had malaria two years ago. And now, according to a school census taken as late as Friday of last week, there has not been a single case of the disease during the past year—that is, a single acute case. There may be a case or two, chronic, here and there, brought over from last year; but, for the purposes of this comparison, they don't count. That is a record to be proud of. If Robeson County's whole-time health officer had nothing else to his credit, that would be well worth all that his office costs the county. And don't fail to write it down on the tables of your memory that malaria in Lumberton is like snakes in Ireland—not any.—*Robesonian*.

The *News Reporter* is urging Columbus County to employ a whole-time health officer. It is the best investment a county can make. As a matter of dollars and cents no county that wants to be on a sound business footing can afford to neglect to employ a whole-time health officer.—*Robesonian*.

Every country school in New Hanover County has a sanitary closet with a concrete tank. Moreover, every country home in Masonboro and New Hanover townships has toilet facilities. In the United States less than half of the country homes have surface closets in Orange County less than a third.

And now Wilmington has provided \$50,000 to lend home owners at 6 per cent, upon easy terms of repayment, to abolish surface closets and to install flush closets connected with the city sewerage system.

In attention to public sanitation, New Hanover leads the State, the South, and probably the nation.—*University News Letter*.

(New Hanover has a whole-time health officer.—EDITOR.)

Deaths in Vance County for the first eight months of the year 1915 were


sixteen less than for the same period of last year, according to statistics on file in the office of the State Board of Health at Raleigh. Dr. D. C. Absher returned Friday from attending a meeting in the offices of the board in that city, and while there examined the records for his county.

According to the rating of human lives at \$1,700 each, the total saving to the county, in so far as a life can be measured in dollars and cents, is \$27,200 for the sixteen lives saved to the county.

While efforts of the whole-time health officer have not covered altogether every form of disease and ailment of human kind in this section, it is to the success of the vigorous campaign in the interest of health that is attributed the credit for this improved showing in the county's mortality rate.—*Henderson Gold Leaf.*

CAUSE AND CURE OF PELLAGRA

Announcement of Important Discovery by the United States Public Health Service

 NNOUNCEMENT was made recently at the Treasury Department that as a result of continued research and experiments of the Public Health Service, both the cause and the cure of pellagra have been discovered, and that the spread of this dread malady, which has been increasing in the United States at a terrific rate during the past few years, may now be checked and eventually eradicated. Assistant Secretary Newton, in charge of the Public Health Service, expressed great interest in the discovery and regards it as one of the most important achievements of medical science in recent years.

Pellagra has been increasing alarmingly throughout the United States during the last eight years, and it is estimated that 75,000 cases of the disease will have occurred in the United States in 1915, and of this number at least 7,500 will have died before the end of the year. In many sections only tuberculosis and pneumonia exceed it as a cause of death.

The final epoch-making experiment

of the Public Health Service was carried out at the farm of the Mississippi State Penitentiary, about eight miles east of Jackson, Miss., and together with the previous work of the Service completes the chain in the prevention and cure of the disease. The work at the Mississippi farm has been in charge of Surgeon Joseph Goldberger and Assistant Surgeon G. A. Wheeler of the United States Public Health Service. The farm consists of 3,200 acres, in the center of which is the convict camp. The final experiment was undertaken for the purpose of testing the possibility of producing pellagra in healthy human white adult males by a restricted, one-sided, mainly carbo-hydrate (cereal) diet. Of eleven convicts who volunteered for this experiment, six developed a typical dermatitis and mild nervous gastro-intestinal symptoms.

Experts, including Dr. E. H. Gallo-way, the secretary of the Mississippi State Board of Health, Dr. Nolan Stewart, formerly superintendent of the Mississippi State Hospital for the Insane at Jackson, Dr. Marcus Hause, professor of dermatology, Medical College of the University of Tennessee, Memphis, Tenn., and Dr. Martin R. Engman, professor of dermatology in the Washington Medical School, St. Louis, Mo., declare that the disease which was produced was true pellagra.

Prior to the commencement of these experiments no history could be found of the occurrence of pellagra on the penitentiary farm. On this farm are 75 or 80 convicts. Governor Earl Brewer offered to pardon twelve of the convicts who would volunteer for the experiment. They were assured that they would receive proper care throughout the experiment, and treatment should it be necessary. The diet given was bountiful and more than sufficient to sustain life. It differed from that given the other convicts merely in the absence of meats, milk, eggs, beans, peas, and similar proteid foods. In every other particular the

convicts selected for the experiment were treated exactly as were the remaining convicts. They had the same routine work and discipline, the same periods of recreation, and the same water to drink. Their quarters were better than those of the other convicts. The diet given them consisted of biscuits, fried mush, grits and brown gravy, syrup, cornbread, cabbage, sweet potatoes, rice, collards, and coffee with sugar. All components of the dietary were of the best quality and were properly cooked. As a preliminary, and to determine if the convicts were afflicted with any other disease, they were kept under observation from February 4 to April 9, two and a half months, on which date the one-sided diet was begun.

Although the occurrence of nervous symptoms and gastro-intestinal disturbances was noted early, it was not until September 12, or about five months after the beginning of the restricted diet, that the skin symptoms so characteristic of pellagra began to develop. These symptoms are considered as typical, every precaution being taken to make sure that they were not caused by any other disease. The convicts upon whom the experiment was being made, as well as twenty other convicts who were selected as controls, were kept under continuous medical surveillance. No cases of pellagra developed in camp excepting among those men who were on the restricted diet. The experimenters have, therefore, drawn the conclusion that pellagra has been caused in at least six of the eleven volunteers as a result of the one-sided diet on which they subsisted.

On the basis of this discovery, the States of Mississippi, Louisiana, and Florida have laid their propaganda through their respective boards of health for the eradication of the disease.—*From press article issued by U. S. Public Health Service.*

Comment on Announcement of Recent Discovery of Cause of Pellagra

[The North Carolina State Board of Health has watched with deep and appreciative interest the timely and thoughtful study being given to pellagra in our own and adjacent States. It has tried to keep in touch with the studies and experimental investigations of the United States Public Health Service staff, with the work of the Thompson-McFadden Commission in South Carolina, and as well with other studies by competent investigators in the profession that have not as yet been heralded abroad.

It is the deliberate judgment of the North Carolina State Board of Health that the time has not arrived to positively state that the specific cause of pellagra, or of pellagrous diseases, is a known fact in practical medicine.

The Board fully appreciates the fact that irregularities, inequalities, and inefficiencies of diet, and of nutrition, enter into and are undoubtedly important contributing factors in the development of tuberculosis, for instance, and a very large number of other diseased conditions affecting human beings. It is also in hearty accord with the teaching that the anatomic and physiologic structure of the human body favors, alike with common human experience, the use of a mixed diet of starches, fats, and proteids, as most conducive to health and freedom from diseases.

The Board desires to encourage, as it has done in the past, the cultivating among our North Carolina people, and especially our rural residents, who comprise four-fifths of our State's population, the habit of making more extensive home use of our native-grown legumes and the other nitrogenized food products of our farms, offering the surplusage for sale only after the home demands have been fully met.—J. HOWELL WAY, M.D., *President N. C. State Board of Health.*

PERSONAL HYGIENE



KEEP IN GOOD REPAIR

No engineer or machinist worthy of the name would think of running a machine or an engine continually without frequent inspections and giving it such minor repairs, replacements and attention as it may need from time to time. He does not wait until his engine breaks down, but he is ever on the lookout to keep every part working in as nearly perfect condition as possible, because he knows that "a stitch in time saves nine" and that by such care he can greatly increase the life and efficiency of his engine. Furthermore, many of the little details about the engine, when they first begin making their appearance, are so insignificant as not to attract the attention of any but an experienced engineer or machinist. It may be only a bearing running slightly warm, a nut loosened, a pulley or shaft out of line, or any one of the hundred little things unnoticeable to the average person, but readily discernible to the engineer. It is just these little things unnoticeable or insignificant at first to the average person which if allowed to go unattended will cause a serious or permanent breakdown or even spell ruin or destruction for the engine.

Now, the human body is a most delicate and complicated engine or machine. Ordinarily, it does not require nearly as much care and attention as an engine and will run a great deal smoother and last a great deal longer, and, just like an engine, if it has a reasonable amount of attention,

supervision or inspection, a great many insidious ailments or disorders may be readily avoided altogether or, at least, indefinitely postponed, and that for just a small fraction of the cost for treating or repairing (when such is still possible), almost any one of the chronic diseases, such as Bright's disease, diabetes, hardening of the arteries, chronic heart trouble, stomach and digestive disorders, and much of our tuberculosis. If the person being examined will tell the examining physician simply, plainly and in detail about all his daily habits, about eating, drinking, sleeping, exercising, etc., the physician will in nine cases out of ten be able to suggest simple changes or correction in these daily habits that will sooner or later prevent untold trouble or even death itself.

But it is not altogether a question of living longer. It is also a question of living better; in other words, a question of efficiency. It is one thing to be barely able to drag along from day to day, eking out a mere existence, and that at a great sacrifice of nervous energy, pain and discomfort, and another thing to be able to do a day's work with ease and comfort and have strength, energy and vitality to spare. Such is simply the difference between keeping the human engine in good repair and in poor condition. Were we as wise concerning our human engine as an engineer is with his, we would have our little physical leaks, lost motion and repairs taken care of at once and not allow them to handicap us in the race of life or consign us to the

scrap pile as human wreckage for lack of a physical examination.

Who would think of running an automobile day after day and week after week, simply furnishing it with oil and gasoline and keeping the radiator filled with water and without ever paying the slightest attention to the general maintenance of the machine? Every owner of an automobile knows that it is far cheaper for him to look over his machine, even more or less superficially, almost every time he uses it, and to occasionally give it a thorough inspection, than it is to run a machine till a complete breakdown results. Millionaires would be the only people who could afford automobiles if they were to run their machines until they stopped or broke down altogether and then tried to have them repaired or cast them aside as junk. Everybody knows that just a reasonable amount of attention and maintenance would be far cheaper and more satisfactory in every way. Just so careful annual physical examinations are wonderful means of staying off or preventing a great list of degenerative diseases and in the meantime by this means our physical efficiency and health are wonderfully improved.

Today almost any thinking person who gives a rap about his health, his good looks, his comfort or his teeth, pays a visit to the dentist at least every year and many persons go every six months, not necessarily because they think their teeth need attention, but in order that an expert may look them over and determine if any attention is necessary. Now, if it is so important to look after the teeth in this manner, why is it not equally as important to look after the kidneys, the stomach, the heart and all the other organs of the body in a similar manner? In other words, why is not a complete physical inspection or inventory even more important?

TAKING A HEALTH INVENTORY

Why are so many men dropping out at fifty when they should have at least twenty years more of active, productive life? While so much is being done to save infants and children, we are forgetting the plain facts of physiology.

By the strain and worry incident to modern economic conditions; by the misuse of tobacco and alcohol; by abuse of appetite and overeating; by insufficient exercise and faulty elimination; by irregular and insufficient sleep, we are wearing out the physical machine. The inroads of preventable disease cooperate with this neglect to sow the seeds of insidious disorders while we think we are in good health.

A prominent life insurance company found that some 43 per cent of its rejected applicants gave evidence of these diseases of heart, kidney, and arteries, and further found that about 43 per cent of its recorded deaths were due to like causes.

This waste of life at the most valuable period should certainly wake us up to ask, "Am I all right?" or "Have I signs of these diseases which I do not recognize?" Properly qualified physicians by careful examination can discover these symptoms at the beginning.

It is highly important, therefore, that all seemingly healthy people should periodically, say once a year, have a thorough physical examination made and take intelligent account of their methods of living. Just because you think you are perfectly sound and feel well is not proof that some insidious disease is not making its beginning. To really know the facts, have an examination made once a year and know definitely how things are. If some chronic, insidious disease is starting, it can nearly always be stopped or indefinitely deferred by

proper early attention, but as the disease advances, hopes of recovery decrease.

DON'T DOPE A HEADACHE—RE-MOVE THE CAUSE

It is stupid to suffer from headaches without trying to find out what causes them. In this way one often permits the development of a serious disease, of which the headache is nature's warning.

If you woke up at night and found a strong odor of illuminating gas in your bedroom, would you stuff cotton in your nostrils to shut out the odor, or would you look for the open gas jet and shut that?

It is worse than stupid to swallow a lot of dope because some one, who makes large profits by selling the stuff, tells you it is good for your headache. The dangerous thing about most advertised headache remedies is that they do relieve the headache for a time, and so fool you into calling for them again and again. But they never prevent the headache from coming again, because they do not remove the cause of the headache, and do not cure the disease of which the headache is the symptom. What is more, these remedies all contain a dangerous poison, which works slowly but surely to weaken the heart.

Any person suffering from headache that keeps coming back, should have himself thoroughly examined by a doctor. The cause may be easy to discover and to remove, so that the headache will not return. Headaches first appearing in persons past middle age are especially significant and may be a sign of great danger not very far ahead. Such people should lose no time in having an examination by a doctor.

Disease seldom comes in a window that's opened for air.

GOING WITHOUT SLEEP

Just why some people, especially some young men, think it "smart" to do without sleep is not understood. Of course, they can run on a flat tire for a while and not feel the jars or realize any injury to the body-machine, but at the same time they are not at their best, mentally and physically, and the breakdown is only a little way ahead. Some who advocate less sleep go so far as to cite you to a number of noted men who have done a great work on as few as four or five hours daily sleep and yet retained their health and vitality. Mr Edison is probably the one pointed out most frequently these days, but recently it has been said that playing the Edison game has brought not a few young men to grief. A recent issue of the *New York Times* contained a pathetic warning from a man who "tried to play Edison's game on much work with little sleep, and who has lost his health in the process."

The body has a number of ways of restoring spent energy and repairing waste tissue, but there has nothing yet been discovered to take the place of that unconsciousness of mind and relax of body that takes place during sleep. Some people, of course, can do with less sleep than others, but to be able to sleep at any time and in any place is by far a greater gift than it is to do without sleep. Most any body can run for a time on little sleep and not notice the ill effects, but to retain that composure of mind and control of body that will induce sleep any time and anywhere is indeed "smart" and a gift.

AN ACCOMPLISHED WOMAN

Mistress—Look here, Susan, I can write my name in the dust upon this table.

Susan—Ah, mum, there's nothing like eddication, is there, mum?



The Health Bulletin

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STATESMEN ON HEALTH

“It may well be claimed that the care of individual and family health is the first and most patriotic duty of a citizen.”—*Taft*

“Public health is the foundation on which reposes the happiness of the people and the power of a country. The care of the public health is the first duty of a statesman.”—*Disraeli*

“Public health is purchasable. Within natural limitations any community can determine its own death rate.”

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

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| No. 12. Residential Sewage Disposal Plants. | No. 43. Practical Privies. |
| No. 14. Hookworm Disease. | No. 44. State Policy for the Control of Tuberculosis. |
| No. 19. Compilation of Public Health Laws of North Carolina. | No. 45. The Control of Smallpox. |
| No. 23. The Vital Statistics Law. | No. 46. Compilation of County Health Laws. |
| No. 27. The Whole-Time County Health Officer. | No. 47. Privy Leaflet. |
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| | No. 63. Health Catechism. |

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EDITORIAL BREVITIES

The three curses—cocaine, morphine, alcohol—but the greatest of these is alcohol.

Pneumonia, grip, and influenza germs are less virile in the open air, but indoors they are on their own fighting ground. The chances are against you unless you do your fighting in the open air.

Look first to your mouth for the cause of your rheumatism or neuralgia. It may be either that your teeth are decayed or that your tonsils are diseased. Have both examined and treated if needed.

“Overeating, overdrinking, overplaying, overworking, these are drafts on the bank of Nature which sooner or later must be met. Sometimes the day of reckoning can be put off a little bit, but Dame Nature will not be wheedled out of her claim.”

You may not be free to have all the fresh air you need and want in the daytime on account of some “hot-house plant” or “draft fiend” with whom you work or live, but the night air is yours to have free. If anything, it is the better of the two, as day air is more likely to be dust-laden and smoky. Make up for all you do not get in the day at night.

During the months of February and March the death rate from pneumonia reaches its highest mark. Much depends on how you live during these two months as to whether you are likely to contract the disease or not. Daily exercise in the open air, moderate eating, especially of meats and heavy foods, regular habits, avoiding all alcoholics and extreme exposures, and avoiding all hot, ill-ventilated rooms, offices, and public places will go a long way toward helping you to avoid pneumonia.

What has been done with the proceeds raised from selling Red Cross Christmas Seals in your town the past season? Too much time has already been wasted by allowing the funds to lie idle for not knowing what use to make of them. They might have been paying or helping to pay the salary of a tuberculosis visiting nurse in your community, or the expenses of a patient to take treatment at the Sanatorium, or the expenses of a tuberculosis lecturer, or for educational purposes—procuring tuberculosis lantern slides and lectures, charts, posters and free literature, all of which may be had by writing to the State Board of Health at Raleigh. Even a small sum raised from selling Red Cross Seals will afford the means of a tuberculosis educational campaign in your town or community.

SUGGESTIONS TO CHURCHES

State Board of Health Proposes Means Whereby Churches May Care for Their Tuberculous Sick

OR. A. J. McKELWAY, in writing of his deceased friend, the late Rev. John Weldon Stagg, D.D., in the *Presbyterian Standard* of January 12, says, in concluding:

* * * But Dr. Stagg worried overmuch at the prospect of a year or more of invalidism, even with eventual recovery in prospect, and worry made recovery impossible. I shall never forget the pathos of his expression when he told me that he had been lying in that sanatorium "studying the economies of burial." Our Southern Church has made provision for the widows and orphans of her dead ministers. But it has made no provision for saving such a life as that of Dr. Stagg's, for the care that a tuberculosis patient needs. If he had remained a printer, say, a member of one of those labor organizations whose aims, we are told, are entirely "secular," he would have been sent to one of the best sanatoriums in the country, by right of the fact that he was a member of the Union and a sick man. But Dr. Stagg was merely a minister of the gospel, too generous to have saved anything, and so, dependent upon individual kindness, who had done so much for others, who had served his Church so well.

Tuberculosis is a curable disease. Yet other ministers of our own Church have died of it, needlessly, and others still will die unless the Church herself makes some provision for their care, for the very best care that money can buy. Is it not time that some movement were started for prolonging such useful lives, not for their sake, but for the Church's sake? I think that our friend who has gone away, whose works do follow him, would care very little what words of ours are spoken or written about him. But if he could know, as perhaps he can, that his very death had served to call the attention of God's people to a need of which they had not thought before, which being met would result in the saving of other useful lives, he would not begrudge the weary hours he spent, trying to plan for his loved ones during his invalidism, or "studying the economies of burial."

If the Presbyterian Synod of North Carolina desires to consider the practical and valuable suggestion which comes from the death of Dr. Stagg, something might be accomplished by a committee representing the Presbyterian Synod of this State through a conference with the North Carolina State Board of Health, the *ex officio* Board of Directors of the State Sanatorium for the Treatment of Tuberculosis.

The State Sanatorium authorities, with fourteen hundred acres of land, affording one of the most accessible and, at the same time, beautiful locations for a sanatorium in North Carolina, would very probably be glad to give a site for a Presbyterian cottage of from four to eight rooms, or more if desirable, and to furnish thoroughly modern and efficient treatment to consumptive Presbyterian ministers or their wives, occupying the cottage, at about half of what such treatment would cost the church elsewhere. Still another idea: If the church does not want to construct a cottage of its own at the Sanatorium, a committee representing the Synod could easily provide for the endowment of one or more rooms in the present institution where consumptive Presbyterian ministers and their families could be cared for.

The above suggestion made to the Presbyterian Church is made also to the other churches in the State.

ANTI-QUACKERY LAW UPHELD

State Board of Health Commends Board of Medical Examiners in Their Suppression of Quackery

THE North Carolina State Board of Health wishes to give its outspoken commendation to the present Board of Medical Examiners, and especially to the executive officer of that board, Dr. H. A. Royster, for the relentless and successful fight

which the Board of Examiners is making against unqualified, unlicensed, dangerous medical impostors. More has been done in the last six months by the present Board of Examiners in the protection of the public against quacks than has been accomplished by any previous Board of Examiners in their entire six years of office. Within the last year twelve unqualified and unlicensed medical impostors have left the State out of fear of prosecution, and three have been prosecuted and convicted.

This enviable record of the present Board of Examiners has been made under a law which went into effect July 1, 1915. The statutes heretofore have left to the local medical profession the prosecution of unqualified practitioners. If the local profession did not act, many over-trustful people were imposed upon, many lost their health, and some their lives; if the local profession did act, then a few of the friends of the scoundrel who was prosecuted would charge the local profession with jealousy and inability to compete with the advertising doctor. The present law, in placing the responsibility for the protection of the public against quackery upon State machinery instead of upon the local medical profession, places such responsibility where it belongs and does away with the embarrassment and expense and public misconception that falls upon a local profession in their prosecution of a quack.

There is a feeling on the part of many people, some otherwise very sensible people—in fact, sensible enough to get into a North Carolina General Assembly—that a few unqualified doctors scattered around in each county can do no harm and may possibly do some good. Well, let us see about that. All of us physicians know of cases like this: A bright little child three years old has a chill, followed by a fever and a sore throat. The parents

send for the unqualified doctor, and this doesn't mean necessarily a man who has neither diploma nor license. The fellow comes to the home, makes a hasty examination of the child, leaves it a throat wash and a little aspirin, perhaps a dose of calomel. A day later he receives a hurried call to come back to see the little patient, and as he enters the home the child gasps its last on account of laryngeal diphtheria, or perhaps he calls two days later by which time the child with an ordinary case of diphtheria is doomed. Has he done any harm? Granted that there is not another physician within fifteen miles of such a family, it would have been far better for them, for in that event the right man would very probably have been called who would have administered antitoxin, and saved the child. Better no physician than the careless or the inefficient.

Another familiar type: A young woman has a little cough, is slightly run down, maybe has lost a little flesh; she happens to get the wrong doctor, either the careless or the ignorant—and it is not hard to find either. The doctor quizzes her about five minutes, maybe feels her pulse, looks at her tongue, and does other things to *give the impression* of an examination. He writes a prescription for a little gentian, iron, and strychnine, and tells the young lady to call again within a week or two. After having called several times and after having received the same careless examination and with the same results, the young lady goes to a well-qualified physician, one that is careful and able—and these are not hard to find either. She gets a thorough examination, perhaps a blood count, some of her expectoration is sent to the State Laboratory of Hygiene, and a diagnosis of tuberculosis is made. The young lady goes to the Sanatorium and spends from twelve to eighteen months in taking the cure, or maybe she loses her life, not because she had

tuberculosis, but because she had the wrong doctor in the beginning of her illness. If the wrong doctor had not been available, she would have been cured by the right doctor within a month or two. So it is perfectly clear that the careless and inefficient physician is far worse than no physician. If the inefficient physicians were harmless, then it would make no difference to North Carolina how many of that class we had; but there is no inefficient physician that does not time and again get between people and their lives.

So we say to the Board of Medical Examiners that, as a Board charged with the duty of protecting life and health in North Carolina, the State Board of Health wishes you God-speed in your application of the anti-quackery law.

THE MURDERED AND THE MURDERER

A physician who practices at one of the large clinics in New York City and who sees daily the evil effects of patent medicine, expresses himself in no uncertain terms about the whole patent medicine business. He says:

It is discouraging to see what faith many people still have in the lying labels on patent medicines. Every day we see patients who come to be relieved of a cough, and to be strengthened and built up, but who have had the cough and increasing weakness for some months. These poor fellows didn't do a thing for themselves all those months, except swallow patent medicines whose labels promised miracles. *The man who puts faith in such labels is a fool, the man who sells such stuff is a thief; the man who manufactures flavored booze-and-sugar-water and makes up the lying labels is a murderer.*

He tells the following as a true story and typical of those happening almost every day.

One poor devil came for treatment recently. He had had a cold for about

six months, and yet, during all that time, did nothing for himself but eat pounds of cough drops and drink quarts of patent cough medicines. He was in the last stage of tuberculosis, and was so weak that it was not safe to let him walk a few steps to the ambulance, and yet he had been at work as a cook and dish washer, only the night before.

Think of the time this man lost while depending on his cough drops and patent medicines! It cost him all chance for recovery from tuberculosis. Sensible and scientific treatment, at the very beginning, would have given him a good chance to get entirely well. The neglect, during six months, brought him into the last stages of consumption, from which no treatment could pull him out! On his grave a stone should be erected—Murdered by the Get-Rich-Quick Patent Medicine Faker.

The living room is not complete without a couch or some kind of a recliner as a piece of its furniture. It should be the kind made for comfort and use and not as an ornament too much prized to even be sat upon. Nothing will save so much strength to the busy housewife who has only a few minutes at a time to rest, or to the husband who can spare a few minutes after the noon meal, as to relax for even a half hour on a comfortable couch. Very few people want to go to bed for a rest in the middle of the day, or have time for it, but most people, especially women, need every day to lie down and relax mind and body.

After all, there is probably only one form of exercise that is suitable for all ages and is at all times available, and that is to be taken in the open air—the exercise which is probably the most ideal—walking.

The most encouraging feature of health work is the ever-increasing tendency to educate.



COUNTY TUBERCULOSIS SANATORIA

Another Ally in the Fight Against Tuberculosis

IT'S coming! The time when all the tuberculosis sick in North Carolina can have sanatorium treatment and care. The State Sanatorium for the Treatment of Tuberculosis has, since its doors were first opened under the present management, been crowded to its utmost capacity, and yet there are thousands of others needing sanatorium care and treatment.

County sanatoria have in other states been found adequate not only to take care of this overflow from the state sanatorium, but to meet the need of a large class who are without means and who fall back on the county for care and treatment, and those who are termed dangerous and public nuisances. The latter class are those who refuse to destroy their sputum and guard against infecting others, who carelessly spit and cough, spreading infection not only to their immediate families, but to the public at large. Such people become dangerous citizens and subject to confinement by the law. In such cases the county sanatorium meets this need and becomes a protection to all the people.

County sanatoria are just at the beginning of their work in North Carolina. For several years New Han- and Wilmington have conducted such

an institution in connection with their county home to a great good. Forsyth County is now erecting a tuberculosis sanatorium at her county home. Davidson County also has the matter under serious consideration.

The county sanatorium, correlated with the State Sanatorium in its work and methods of tuberculosis treatment, forms a most desirable system of tuberculosis work and promises big results in the future fight against tuberculosis.

LAW SUCCESSFULLY OPERATING

Law Requiring All Cases of Tuberculosis to be Reported Meets With Co-operation

THAT the Bureau of Tuberculosis has reached the point where it is able to enforce the law, and carry on the work incident to its enforcement, of requiring the physicians of the State and official heads of institutions to report all cases of tuberculosis to that bureau is news gladly received. Apparently the time was ready for such legislation and the need most urgent. Physicians are promptly reporting their cases and are faithfully coöperating with this movement to more efficiently handle the tuberculosis problem in the State.

Perhaps no plan that has yet been put forth to meet the tuberculosis situation in the State has met with as strong support and as general re-

sponse. Dr. P. R. Hatch, of Youngsville, gives endorsement to the movement in the following letter:

I have your communication, also instructions for reporting individual cases of tuberculosis. I heartily endorse the efforts of the State Board of Health in working for the better hygienic condition and health of all classes of our people. There is a great work to be accomplished, and this will require the hearty coöperation of the entire medical world. WHILE IT IS TRUE THAT TOO MANY DOCTORS ARE NOT PREPARED TO THOROUGHLY DIAGNOSE THESE INCIPIENT CASES, YET ALL ARE CAPABLE OF LOCATING SUSPECTS. THEREBY THEY MAY HELP TO ROUND UP AND TURN THEM INTO THE PROPER CHANNEL FOR CARE AND TREATMENT. Every doctor should consider himself a health officer and director of matters that pertain to health at home.

The reports received daily by the Bureau of Tuberculosis as a result of this law's operation reveal many alarming tuberculosis situations. It is through these reports that the means of helping and preventing further such conditions are made possible. Dr. J. E. Malone, county physician for Franklin County, mentions a home in which the twelfth case of tuberculosis has just died. A letter from him says:

I have anticipated this work for some time, to the extent that I have canvassed my county through postal card correspondence with all of the physicians in the county, also by verbal contact and inquiry of all that I come in touch with, in order to locate any case of lung tuberculosis in our county. Every case that I hear of I send the family good literature on T. B., how to conduct the case to get well and prevent the rest of the family from contracting it. I believe I have only eleven cases at present. I have just come from cleaning up and fumigating a home now where my twelfth case has just died. If the people are not able to pay for this work I make my county pay for it.

This work of reporting all cases of tuberculosis is known as the extension

work of the State Sanatorium, and may be said to have for its larger purpose to educate more extensively the people having the disease and those closely associated with the disease, as to its nature and the means of preventing it. Another important feature of the work is to get accurate statistics for this disease, for without figures as a basis to work on, it is impossible to conduct any business intelligently or fight any battle to win.

LODGE ROOMS AND TUBERCULOSIS

Is Your Lodge Room a Model Incubator for Consumption?

Each and every year, in North Carolina, means the passing to untimely graves, from tuberculosis, of six thousands of our people. I say untimely graves, because it is among youth, childhood and young manhood that its ravages are greatest. At least ninety per cent. of these cases or over five thousand are caused by the inhalation of tuberculosis germs in the air we breathe.

Some authorities estimate ten cases to each death; some place the average as high as twenty. Even in the former case there are now in North Carolina sixty thousand cases of tuberculosis, most of whom are spreading the disease by promiscuous spitting.

Now what have Masonic lodges to do with this deplorable state of affairs? Simply this. In every Masonic lodge nearly every member has taken the highest degree as a spitter. A spittoon in many lodges is as necessary as regular lodge furniture. Now every one that spits in a lodge room is not a consumptive, but we know there are many thousands of victims of the disease who are ignorant of its presence. We know, furthermore, that consumption is propagated today just

as it has been through all the ages by the inhalation of tuberculosis germs. Any lodge, therefore, that allows spitting without taking proper precautions is a factor in the spread of tuberculosis. And this means they are likewise a factor in the making of orphans and all the other phases of destitution that follow this dread disease.

In some states it is officially stated that one-third of the inmates of their orphan asylums are there because of the death of their parents from tuberculosis. It is dangerous for a consumptive to spit in the open street, but it is a hundred times more dangerous for him to spit in a room that receives little or no sunshine and fresh air, but in a lodge room there is every element necessary for the survival of the germs and their admixture with the air of the room. In warm weather we are not satisfied to breathe the germs floating around but by the aid of fans we chase others from their hiding places in all parts of the room. It is a ghastly thought that the average lodge room should be a model incubator of germs, but that is precisely what modern science teaches.

If our eyes could magnify sufficiently we would find ourselves surrounded by thousands of tuberculosis germs. Fortunately most of these germs are killed by the sunshine and fresh air before they can cause infection, but in the case of a lodge room sunshine and fresh air are woefully lacking. Its necessary privacy precludes the benefit of these disinfectants and germicides. Think of the members of a lodge discussing means for the maintenance of orphans while at the same time they are following the path that leads to the making of more orphans.

However startling these views may be to the members of our fraternity they are worthy of their careful consideration. Tuberculosis germs do not

multiply outside of an animal body, but in the favorable environment of a lodge room they retain their vitality almost indefinitely. We have declared war on the typhoid fly and public drinking cup, but promiscuous public spitting is more dangerous than both of these combined. The North Carolina Board of Health says that a careless consumptive is more deadly than a leper, and this is God's own truth.

Let us, brethren, as a fraternity do our part towards eradicating this Great White Plague, and thus make the world brighter, healthier and happier for those who follow us.—*Dr. Edwin Gladmon, Superintendent of Southern Pines Sanatorium for the Treatment of Tuberculosis.*

SANATORIUM TREATMENT AT HOME

Rules and Regulations Compiled for Patients at the Sanatorium Which May be Observed by Patients at Home



THAT persons suffering with tuberculosis who cannot afford sanatorium treatment may have at their homes much the same treatment as that given the patients at the State Sanatorium, barring the physicians' services, we give below a number of the rules and regulations which every Sanatorium patient daily and most faithfully observes. The rules and regulations are a great part of their treatment and their success in taking the cure depends almost wholly upon their strict observance of these rules.

In giving these rules we do not suppose persons to substitute them for the services of a physician, but on the other hand we suggest that they use them as a supplement to their physician's advice. We trust no person suffering with tuberculosis at-

tempts to take the cure without a physician's aid.

The rules adaptable to home observance are:

OUT-OF-DOOR LIFE AND REST.

Patients must be in the fresh air from 8:30 a. m. to 12:00 m. and from 1:30 to 5:00 p. m.

Exercise as ordered must be taken between the hours of 8:30 and 10:30 a. m. and 4:00 and 5:30 p. m.

No violent exercise, such as running, jumping, playing ball, dancing, etc., is allowed.

Patients must be on their recliners from 10:30 a. m. to 12:15 p. m.

From 1:30 to 3:30 p. m. shall be observed at rest hour, during which time each patient must lie quietly in bed. There must be no noise, no talking, no writing and no visiting. Patients will not be allowed to see visitors at rest hour.

EXPECTORATION AND COUGH.

If all patients would dispose of their sputum properly and would shield their mouths and noses when they cough or sneeze, tuberculosis would become almost an unknown disease. Patients should learn the following precautions so well that it will become second nature to follow them.

Patients are provided with sputum cups into which they will expectorate. They must not expectorate on the floor, in the fireplace, on the ground, or anywhere else except in a sputum cup.

These sputum cups must be changed once each day and placed in the receptacles provided for them. They must not be left carelessly around, or thrown in the fireplace, around the grounds or along the roadways. When ready to dispose of the cup, fill it full of sawdust, put in it a small bag ready to be burned.

Patients should never swallow their sputum. They will almost surely contract intestinal tuberculosis if they do so.

A dry cough is useless and injurious. Patients can stop it if they will. Every time one has an inclination to cough, he should choke it back by main force, and after three or four days of real effort the cough will almost entirely disappear.

Patients must shield their mouths and noses with their gauze when they cough or sneeze. Unless they do this they will send out into the air around them a fine spray which usually contains thousands of the germs of tuberculosis. Others breathing this air will take these germs into their lungs.

A new piece of gauze is furnished each patient every morning. Patients are required to place their soiled gauze in the bag provided so that it can be burned.

Pocket handkerchiefs are not allowed to be used under any circumstances.

GENERAL.

Whiskey and all other forms of alcohol are strictly forbidden.

The use of tobacco in any form—smoking, chewing, dipping snuff—is absolutely prohibited.

Patients must not take any medicine whatever except when it is ordered by one of the Sanatorium physicians.

Promiscuous eating between meals is not allowed. Eat nothing at all for at least an hour and a half before meals. Eat very little candy, and eat none at all except just after meals.


Patients should cleanse their teeth thoroughly at least twice each day with a brush, using the antiseptic mouth wash provided for that purpose.

Be cheerful. Don't allow yourself to get "the blues." It makes you worse. Don't tire your fellow patients with your symptoms and your troubles.

"A careless spitter with a little cough is a dangerous citizen."

REPORTING TUBERCULOSIS

Several Reasons Why Tuberculosis Cases Should be Reported

HE law, as we have seen, requires all cases of tuberculosis to be reported. It also requires that the identity of the persons so reported be kept private.

Why report cases? What is gained by it? What does a card index and a file of reports have to do with sickness and health? Well, a whole volume might be written on the usefulness of health statistics, but that cannot be done here. Nevertheless, the above questions may be simply answered. In individual cases a history of the case and a record of its progress are of great benefit to the physician. It enables him to see at a glance what the patient is doing, what he ought to be doing, or what he is not doing and why. Comparative temperatures, weights, respiration records, etc., form valuable information for the attending doctor.

Now, when the county or town is the patient, when it is the community health that is being cared for, reports of cases become absolutely necessary in order that disease may be effectively controlled. We no longer ask why diphtheria should be reported, because we know that its contagious character calls for three steps, (a) protection of the community by quarantine, (b) immunization of persons who have been immediately exposed to the disease, (c) medical care of the sick person. No one would think of having diphtheria cases under no control whatsoever, nor scarlet fever, nor any other dangerous contagious disease.

By limiting our view to diseases with whose contagious characters we are most familiar, the questions almost answer themselves. In the words of the United States Public Health Service—"No health department, state

or local, can effectively prevent or control disease without knowledge when, where and under what conditions cases are occurring."

The health officer has his fingers on the pulse of the county. It is his duty to know the condition of the county at all times, so that he may exercise the devices of control and prevention which are placed in his hands to use. He can know day by day how this big patient is only by receiving reports of cases of disease as they occur. That is one use of the reports.

Now, you have seen it demonstrated in a number of ways that consumption is a contagious disease. Why, then, should it not be reported like the others?

But to return to the initial question. What good does it do?

1. It informs the health authorities how prevalent tuberculosis is in North Carolina, how rapidly it is spreading, and what means are needed to combat it.

2. It informs the public what kind of infection is most plentifully scattered abroad.

3. An immediate report is a sign that the physician in attendance knows his business and is honest with the patient.

4. It enables the health authorities to know by comparing cases with deaths, whether proper treatment is being given consumptives, and if not, it enables them to discover why.

5. It enables the health authorities to give aid and instruction where these are needed, thus performing the humane work of medical treatment, and the absolutely imperative work of social protection.

6. It enables the health authorities to see to it that a house or a room which has been vacated by a consumptive is thoroughly disinfected before an innocent family or roomer moves in to inhale infection from the walls and floors and fixtures.

All these are of the utmost importance, and can be accomplished adequately only through full and honest reports. How could we know what a hold consumption had on our people; how could we know whether our children were being exposed at school; how could we know what conditions most breed the disease; how could we know what hospital and clinical and nursing help were necessary, if not through reports?

And yet the fact remains that the work of obtaining such necessary information upon which to plan and wage the battle against the white plague has been very hard to get.

CONSUMPTION AND THE LAW

Shall the Law Restrain the Careless Consumptive From Spreading the Disease?

CONSUMPTION being contagious and a community danger, it is necessary for the community to protect itself against that danger. The consumptive himself being the source of the contagion, it is necessary that all preventive and protective laws include him within their purview. But it must never be imagined for a moment that the consumptive person is legislated against. Untold injustice has been visited on unfortunate consumptives by an ignorance that was only aware of the fact of contagion, and not at all aware of the humanity of prevention.

It is rarely a person's own deliberate fault that he has consumption, and it is not always his deliberate fault that he spreads it. He gets the disease himself as undesignedly as he afterwards spreads it. But in this generation there is hardly any excuse for consumptives not knowing their condition and the danger of it. And it must be said, in all justice, that when the average consumptive once

has it made clear to him just what a source of danger he can become, he uses care to prevent it. But some do not. And for such the law is made. The law is necessary, first to protect the consumptive from reinfecting himself, second to prevent him from infecting his fellow-man. It is to the consumptive's own best personal interest to observe the sanitary and wise law.

The law in many other states relating to the consumptive himself runs this way:

Any person having tuberculosis who shall dispose of his sputum, saliva or other bodily secretion or excretion so as to cause offense and danger to any person or persons occupying the same room or apartment, house, part of a house, or premises, shall, on complaint of any person or persons subjected to such offense or danger be deemed guilty or guilty of a nuisance, and any person subjected to such a nuisance may make complaint in person or writing to the health authorities of any township, city or village where the nuisance complained of is committed.

It shall be the duty of health officers to serve notice upon a person thus complained of, requiring him to dispose of sputum and other discharges in such manner as to remove the offense and danger.

Failure to obey subjects the offender to arrest and a fine.

Sputum is as dangerous to the consumptive as to any one else, because, as the disease consists in uncounted numbers of germs battling with the health battalions of the body, every time the consumptive carelessly deposits his sputum where it may be breathed in again in dried form, the germs with it, he is simply increasing the number of his enemies; he is simply putting back into his body those enemies which the body has succeeded in ejecting.

Some consumptives, through ignorance or willfulness, do not obey this law. Indeed, a great many do not. If all consumptives did obey it, the chances of contagion would be greatly diminished. Persons will be brought before the court for willfully disregarding these precautions, and the experience will teach them the seriousness of the community's effort at prevention.

It isn't the legal enactment that matters so much as the sanitary law which the legal enactment enforces. Man's law is only an attempt to get Nature's law fulfilled. It is not legislation against the consumptive; it is legislation for the consumptive and, through him, for the whole community. It is a coöperative matter all the way through. It is for no one's good more than the consumptive himself.

"Only a small proportion of the human race rounds out its tour of duty on this earth. Some people are born with good bodies which they treat well. Barring accidents, they live a long time. Some people are born with poor bodies which they treat well. Barring accidents, they can live to a ripe old age. Some people are born with good bodies which they treat badly, and some people are born with poor bodies which they treat badly. They don't last long."

Tuberculosis individuals stand the best chance of cure if they enter a properly equipped sanatorium and are under the care of a physician especially trained in this disease. In such a place, in many instances, slow but constant improvement takes place, so that for all practical purposes the health of the individual becomes restored, and remains so, provided that after leaving the sanatorium he takes the proper precautions to prevent relapse.

The reason that all people are not always sick is because the body in a state of health is stronger than the germ and is able to prevent its development to the point of producing active evidence of disease. This ability to ward off disease is known as immunity (resistance) and may be either natural or acquired.

Numerous conditions lower one's immunity, and when this becomes weaker than the germ, disease develops.

Bearing this point in mind, the surest preventive against disease during the cooler seasons of the year is the keeping of the resistance of the body at the highest point of its natural immunity. It is at this point that so many people suffer because of the sins of others, for they have little or nothing to do with the sanitary conditions of the places where they work, study, or are amused, or the public conveyance in which they are transported.

AN ACROSTIC

Teach the eager public—
Use the greatest speed—
Be not slow to talk it,
Every man will heed.
Rooms all closed and slatted,
Curtains drawn down tight,
Underneath is dampness;
Clive without sunlight
Lopen not your windows,
Osleep in air-tight rooms—
Sit will surely get you,
Slowly—but it comes.

Oxford, N. C.

BENJ. K. HAYS.

"Moderation in food, moderation in drink, moderation in the joys and worries of life, moderation in work, moderation in recreation, equanimity of the mind, the soul and the body,—these make for long tenure of life."

PERSONAL HYGIENE



UNCLE JOHN SLEEPS WITH HIS WINDOWS OPEN

The talk turned upon a rather remarkable topic—the weather—and the frost we had the night before; where-upon Uncle John opened up. "It's mighty quare to me," he said, "why lots of folks who would raise Cain if they had to eat spiled vittles or eat a plate of vittles after somebody else had half et it up, will still go right on sleepin' in rooms with all the fresh air shet out, breathin' air that's raly as badly spiled as last month's cookin', and like as not breathin' the same air somebody else in the same room had already used."

Here the old man stopped a minute and laughed.

"Well, I was a-saying, it's mighty quare to me *now*," he resumed smiling, "but the fact is I used to be fool enough to talk about 'bad night air' myself till my youngest boy began studying some kind o' high-jeans at school. Plain dern foolishness was what I called his new-fangled notions at fust, but last fall he got us to ex-peerymint with leavin' the windows h'isted in cold weather same as summer. Even then I didn't want to give in and let on that the boy knowed more'n I did about it, but his Ma just come out and said that she was surprised how much better she felt when she woke up o' mornin's—never no headaches nor nothin' of the kind—so I just owned up that I felt spryer myself, and that I was doggone glad I

had a boy that was goin' to know more'n his daddy ever did. Fact is, if some of us hadn't ever learned more'n our daddies knowed, we'd all be plowin' with crooked sticks now and livin' on parched corn.

"Anyhow what that boy o' mine learned out o' his book on high-jeans has got me so I'm too stuck-up to live on spiled, second-hand air any more, and I've begun to go over his lessons with him in that book on agriculture. It's downright interestin'."—*The Progressive Farmer*.

BUNIONS

Bunions result from pressure. They are usually on the side of the foot at the base of the great toe and are caused by the spreading of the arch of the ball of the foot. The proper treatment of a bunion is to straighten the bones of the foot. This can be done by wearing loose shoes and by wearing a pad between the great toe and the next. Sometimes an operation is necessary. Relief may often be had by wearing bunion plasters.

If you have aches and pains, neuralgia, so-called rheumatism, tender throats, attacks of tonsilitis, quinsy or other forms of sore throat, have your tonsils examined, also your teeth and nose. There are many foci of body infection, but the tonsils and the teeth are the worst.

CANCER DOES NOT RETURN

The general impression that cancer is an absolutely hopeless disease and that surgery is a futile means of cure is often expressed by the not too well informed or the unfortunate. "What's the use? It always returns." In fact, it had long been believed, even by good surgeons, that a recurrence was, as the name implies, a return of the cancer after it had been completely removed. The present and more hopeful belief, and undoubtedly it is the correct one, is that the original malignant growth was not entirely removed. In other words, the recurrence is a definite and direct continuation of the original growth, of which at least a microscopic part was not removed. When the original growth is removed completely there is positively no danger of recurrence. In modern operations for cancer in order that the removal may be complete or that no tissue containing the dangerous microscopic cancer cells may remain, the organs or parts in which the growth is located are removed as widely as anatomical relations will allow. In the early stages cancer is a strictly local disease and the surrounding tissue only becomes involved as the disease progresses. If the growth is discovered and removed very soon after its inception the operation can hardly be classed even as "dangerous." If, through ignorance or fear, one procrastinates and does not permit operation until the growth has spread through the adjacent glands and tissue the uncertainty of getting out all the malignant cells is greatly increased. So it is very easy to see that in the early removal of the cancer lies the hope of cure—and the earlier the removal, the stronger the hope.

Not how to be cured when sick, but how to keep from becoming ill is what we want to know.

HOW TO COUGH PROPERLY

Fold your handkerchief so that it is about five inches square. Place it flatly in the right hand, if you are right-handed, and with this hand hold it tightly over the mouth. Press the hand on the mouth, since to hold it loosely over the mouth will not accomplish our purpose. Now instead of coughing and trying to muffle the sound in your throat or mouth, muffle it with your handkerchief. Practice it until a person ten feet away cannot hear you. The sound made in coughing is due partly to air passing over the vocal cords, partly to air going through the bronchial tubes and trachea and partly to the resonance produced in the chambers lying above the trachea. This sound can be almost wholly avoided and the irritation to the lungs and air passages prevented by keeping the air passages open and letting your handkerchief do the muffling. Now instead of expelling 120 cubic inches of air at each expiration, you will expel a smaller amount with more comfort to yourself, and to those around you and with much less harm to your lungs.

STREET DIRT AND UNPROTECTED FOOD

Prof. C. H. La Wall, chemist of the Pennsylvania dairy and food commission, is said to have found the following assortment of objects and substances in raisins exposed for sale on a Philadelphia street: pieces of prunes; beans and rice; strands of human hair and cat fur; cotton and wool fiber; straw and bits of bran; insect wings and legs; cigar and cigarette ashes, and a yellowed cigarette paper. While it is true that the presence of any of these unappetizing accessories did not prove that they were carriers of contagion, the findings strongly suggest the possibilities of infection from food sold from uncovered pushcarts and stands.

IF YOU WOULD AVOID PNEUMONIA

Live and Sleep in the Fresh Air

PNEUMONIA is a germ disease and is usually brought on by the lodgment of the pneumococcus germs in the membranous tissues of the throat or lungs. If a person is well and strong these germs are not likely to hurt him seriously. A slight cold may be the result. But if he is run down, dissipated, or if he in any way has a weak constitution, his chances are not so slight.

Much can be done to guard against pneumonia if one will avoid unreasonable exposure and at the same time will practice the rules of personal hygiene or right living.

Working too hard or excessive exercise with extreme exposure is a common factor in preparing the way for pneumonia.

Overeating, particularly if there is an excess of meat in the diet, is another thing which often injures the body and lowers its vital resistance to disease.

Alcohol, in whiskey, patent medicine or otherwise, is one of the most powerful allies of the pneumonia germ, and even moderate drinkers show a much higher death rate from this disease than abstainers do.

But bad air is, of all bad influences, perhaps the most important in its effect on colds and pneumonia. People who live much in the open air, who never close the windows of their sleeping rooms in winter, and who bathe daily almost never catch colds, or if they do, the colds are light ones.

Robbing yourself of sleep puts a mortgage on your future health and happiness. Nature will foreclose.

Give your doctor a chance to cure you by consulting him early.

THE PRICE HE PAID

I said I would have my fling,
And do what a young man may;
And I didn't believe a thing
That the parsons have to say.
I didn't believe in a God
That gives us blood like fire,
Then flings us into hell because
We answer the call of desire.

And I said: "Religion is rot,
And the laws of the world are nil;
And the bad man is he who is caught
And cannot foot his bill.
And there is no place called hell;
And heaven is only a truth,
When a man has his way with a maid,
In the fresh, keen hour of youth.

"And money can buy us grace,
If it rings on the plate of the church;
And money can neatly erase
Each sign of a sinful smirch."
For I saw men everywhere,
Hotfooting the road of vice;
And women and preachers smiled on them
As long as they paid the price.

So I had the joy of my life;
I went the pace of the town;
And then I took me a wife,
And started to settle down.
I had gold enough and to spare
For all of the simple joys
That belong with a house and a home
And a brood of girls and boys.

I married a girl with health
And virtue and spotless fame.
I gave in exchange my wealth
And a proud old family name.
And I gave her the love of a heart
Grown sated and sick of sin!
My deal with the devil was all cleaned up,
And the last bill handed in.

She was going to bring me a child,
And when in labor she cried,
With love and fear I was wild—
But now I wish she had died.
For the son she bore me was blind
And crippled and weak and sore!
And his mother was left a wreck,
It was so she settled my score.

*I said I must have my fling,
And they knew the path I would go;
Yet no one told me a thing
Of what I needed to know.
Folks talk too much of a soul
From heavenly joys debarred—
And not enough of the babes unborn,
By the sins of their fathers scarred.*
—Ella Wheeler Wilcox.

If you feel grouchy and blue take a long walk out into the country; it will do you good in both body and mind.

"Everyone must eat his peck of dirt" is an aphorism of a by-gone day. To act upon it may pile many bushels of dirt upon your untimely coffin.



CHILD HYGIENE



GOOD TREATMENT YESTERDAY AND TODAY

What used to be called extra good care given to a child is now called coddling. Good care of yesterday differs widely from what is today considered good care. Then, good care consisted mainly in clothing a child in heavy flannels, not allowing him to play out of doors in cold weather, keeping him home from school in wet weather, or schooling him at home or in private schools. He was cared for like a hothouse plant, was usually pale, under weight, given to coughs and colds, and was considered more or less a namby-pamby by his associates.

But good treatment for a child these days is quite different. He is clothed lightly but warmly, given plenty of exercise daily in the open air, knows nothing else but to sleep with his windows open, goes to the public school, and takes active part in all its athletics. For his good health he is taught to keep his teeth clean, to wash his hands always before eating, to eat moderately of plain, wholesome food, and to value a strong, healthy body.

Giving a child those things which produce a healthy mind in a healthy body is considered good treatment today.

THE DANGER OF BEING VACCINATED AND THE DANGER OF NOT BEING VACCINATED

There is not the slightest risk in the process of vaccination when it is carried out with clean virus (now guaranteed by Government inspection), and when the vaccination itself is kept clean.

"Sore arms" come from dirt getting into the vaccination, not from the vaccine itself. During the last outbreak in New York City 800,000 persons were vaccinated with no opposition and with no ill effects.

More than three and one-half million people have been vaccinated in the Philippine Islands without a loss of life or limb or any serious infection, and the result has been a saving of 6,000 lives a year.

During the eight years before the American army entered Havana and the American sanitary authorities enforced vaccination there were 3,132 deaths from smallpox in this city; during the next eight years there were seven.

WHAT DOES YOUR CHILD WEIGH?

The following table shows what your boy and girl, if of normal height and in good health, ought to weigh between the ages of five and sixteen years. These weights include the ordinary house clothing. If your child is decidedly below the average weight for its age, it means that there is some physical reason for it which may require attention.

	<i>Boys</i>	<i>Girls</i>
5 years	41.2	39.8
6 years	45.1	43.8
7 years	49.5	48.0
8 years	54.5	52.9
9 years	60.0	57.5
10 years	66.6	64.1
11 years	72.4	70.3
12 years	79.8	81.4
13 years	88.3	91.2
14 years	99.3	100.3
15 years	110.8	108.4
16 years	123.7	113.0

SMALLPOX AND VACCINATION

The child on the right was taken to a hospital with its mother, who was suffering with smallpox. This child was vaccinated on the day of its admission to the hospital. The crust may be seen on its leg. The child remained with its mother for three weeks and did not contract the disease. The unvaccinated child on the left had contracted smallpox before entering the hospital, and later died.



WHICH WILL YOU CHOOSE FOR YOUR CHILD?

SMALLPOX.

The Virus: Virulent microbe from a previous case of smallpox.

The Disease: Sharp chills, fever, severe headache and backache, nausea, vomiting, eruption on skin which may spread, the pimples swelling, growing together and breaking, so that the whole body is bathed in nauseous pus.

The Results: Death in one case out of four or five in severe epidemics. Disfigurement for life in all other cases.

VACCINATION.

Lymph from a selected healthy calf obtained under careful precautions and purified and tested to prove no foreign infection is present.

Slight local soreness, feverishness and irritability.

Immunity against smallpox.

WHAT THE WORLD IS DOING TO CONSERVE THE HEALTH OF SCHOOL CHILDREN

Russia has had school medical examination since 1871; Hungary since 1885. Beginning in 1894, Boston was the first city in the United States to take up the work. In this country there are now between four and five hundred cities with some form of medical inspection, and more than twenty states with laws on the subject.

In New York State a law was passed in 1913, providing for the medical inspection of all children in attendance in the public schools of the State, except in cities of the first class.

SCHOOL HEALTH DAYS

Health Day in the schools is a combined health and educational feature that was introduced last fall in the schools of Alamance and Northampton counties in connection with the medical school inspection work that has just been completed in those countries. Health Day is an appointed day on which the medical inspector visits a particular school, examines the children—all that are recommended by the teachers or show symptoms of defects to the inspector—lectures the school on health subjects, conducts a specially prepared Health Day program, and gives an illustrated lecture on different phases of health work and sanitation to the school and community, either in the afternoon or at night. These Health Days, their programs and exercises, have proved to be both popular and beneficial in the counties in which they have been tried out. The school patrons as well as the people of the community have found them interesting and instructive. Teachers, too, have found them of great value in creating an interest in health and

hygiene and as a supplement to the school studies.

Mr. E. P. Dixon, a teacher of Alamance County, who has had the experience of preparing a Health Day program and conducting the exercises, says of this feature:

Speaking as one who has already had Health Day, I wish to say that I consider the time spent by my students on the work the most valuable of any they have ever put on any subject. Not only have they learned something about conserving their health, but from a literary standpoint it paid. Their work on their health compositions was of a much higher order than of the ordinary composition, because the interest was greater. Nor does the benefit confine itself to the student; the parents were there and learned many valuable things about sanitation and health. Then the lantern slides shown at night are so convincing and instructive that no one can help being benefited by them. Last, but not least, Alamance can count herself fortunate in having Dr. Jordan perform this work. He knows how to inspect the most timid child without causing any fright. Furthermore, he is an able speaker and holds his audience well, keeping all interested from the youngest to the oldest.

Public health work has so developed in the last few years that responsibility for disease rests upon the individual and less and less upon the physician and health official. * * * Recognizing as we all do that the individual is responsible in large measure not only for his own protection from disease, but also for the protection of the community from epidemics, we, at the same time, recognize that upon health workers rests an increased responsibility for public health education. * * *

When people realize that "the most important crop" we can raise is "our children" then we will have reached the millenium in public health.



PUBLIC HEALTH AND SANITATION



TOBACCO AND LONGEVITY

There may be many reasons why women live longer, on the average, than men, but Dr. Albert H. Burr declares that the principal cause is the extensive use of tobacco among the latter. This noted authority upon the smoking habit recently read a paper before the Chicago Medical Society upon "Longevity in its Relation to Sex," in which he brought forth many striking facts and statistics almost entirely unknown to the general public. "Nearly twice as many women as men live to be a hundred," said Dr. Burr, "and, although at the age of 50 years, the ratio of women to men is 1,000 to 1,183, at the age of 70 the ratio is 1,033 women to 1,000 men. Tobacco is distinctly a male habit. There are volumes of evidence in support of the statement that smoking is responsible for much of the premature senility among men. The average virility, strength and stature of the woman does not equal that of the man, but she plainly outdoes him in the old age records."

THE CURSE OF THE MORPHINE AND COCAINE HABIT

Departments of health are instituting a campaign against these habit-forming drugs. Many investigations have been made by commissions appointed for that purpose, and their findings have revealed the fact that there are apparently four million victims of these drugs in the United States. The people of the United States and Canada spend one hundred and ten million dollars every year on patent medicines. Many of these con-

tain habit-forming drugs. Patent medicines, together with thoughtless prescribing of these drugs, is responsible for many of the victims. There are thousands of these unfortunate victims in North Carolina today. The United States leads the world as an opium-eating nation, having left even China in the rear.

In the investigations made by Dr. Terry, Health Officer of Jacksonville, he concludes that 75 per cent of the addicts are the result of careless prescribing by physicians. He again points out the fact that *practically all the soothing syrups and soothing powders contain opium in some form.*

Mothers are, therefore, strongly urged not to make addicts of their babies. There can be no question as to the rôle played by heredity in regard to the curse of drug addiction. It has been found that the feeble-minded are predisposed to these drug habits; and in these, as in many other instances, it is largely a matter of cause and effect.

KANSAS CIVIL SERVICE BARS SMOKERS AND DRINKERS

Cigarette users as well as drinking men are to be barred from State employment in Kansas under rules promulgated by the new State Civil Service Commission. In a preliminary statement issued some time ago it was announced that users of intoxicating liquors would be ineligible to hold State jobs, but in the completed rules is the following: "The commission may refuse to certify an application for the habitual user of intoxicating beverages or cigarettes."

LOOK TROUBLE IN THE FACE

It is well to learn to look physical trouble in the face; to cheerfully order one's life for better living, without making too much fuss about it; to take care of one's health as a simple obligation to one's self, to one's family and to the community; but not to regard every ache and pain as a national calamity.

Recognizing to the full the influence

of purely mental factors in causing disease, we must also recognize that such conditions as irritability, depression, grouchiness, suspicion, laziness, cynicism, and general dissatisfaction with everybody and everything, is often simply an expression of physical impairment. By correcting the impairment, the mental life of the sufferer, which is the only life he knows, may be wholly transformed.

"AIN'T IT HELL TO BE POOR?"

Editorial from the Orange County Observer

The public health question has had its day in court. It came on to be heard Tuesday, January 11. The verdict was in the negative.

It was decided by the Board of Commissioners that fifty people of Orange County would have to die this year from preventable causes, because, forsooth! out of the eighty-five thousand dollars of public money they couldn't feel justified in appropriating twelve hundred to protect the lives of the people who pay it. It was decided that one mile of road was worth as much as the lives of two hundred people; one steel bridge as one hundred and fifty people. It was decided that the roads and a health officer could not both be maintained and that a hole in the road was a sadder spectacle than an infant in its grave.

The "won't afford it" argument masqueraded under the "can't afford it" livery and carried the day.

It was decided furthermore that Orange is a poor county. Orange is poor. Poor in that her per-acre yield of corn and oats is not what it should be. Poor in that her grade of stock is

too low. Poor in that there is no one preaching the diversification of crops to the tobacco and cotton farmers. Poor in that those who would see the county go forward are turned a deaf ear in her public councils. Poor in that the sceptre is held by men of small vision and narrow sympathy.

The situation calls to mind the story of the miller. The proprietor, the story goes, coming in, said to the miller, "Whose grist is this?" The miller replied that it belonged to the rich man across the river.

"Have you tolled it?" the proprietor asked.

"Yes," replied the miller.

"We'll toll it again," said the proprietor. "He's rich. He can afford it."

Seeing another small grist the proprietor asked: "And whose is this?"

"That belongs to the poor man over the way," the miller answered.

"Have you tolled it?"

"Yes, once," said the miller.

"Well," said the proprietor, "toll it again. He's poor and, d—n him, let's keep him poor."

NORTH CAROLINA CREED

I believe in North Carolina, her coming awakening, in the glory of her destiny; I believe that whatever of good or beauty or nobleness men in

any other land or era have wrought, we men and women of North Carolina today and tomorrow, in the providence of God, may here and now achieve.—
Clarence Poe.

"SOME FELL IN GOOD GROUND AND BROUGHT FORTH FRUIT"

The mere presence of bacteria, microbes, or germs does not necessarily produce disease. Recalling the parable of the sower, some fell by the wayside, some fell upon stony places, and some fell in good ground and brought forth fruit—suffering, perhaps death. A normal, temperate life, free alike from the gluttony of idleness or overwork, a sound mind in a sound body, a cheerful, normal environment—these form the stony places in which bacteria take no root. The depraved appetites of mind and body, the dark and sordid atmosphere of penury, the nerve-racking and strength-undermining trades—these prepare the good ground.

The great weapon against bacteria is cleanliness. The mastery over premature death lies in great measure in our own hands. Clean bodies, clean homes, clean workshops and clean lives are the makers of public health. State and local health departments and other sanitary bodies of this country are gradually bringing these facts home to the general public. In this way cleanliness is becoming more general, and the span of life in America is gradually being lengthened.

A CLIPPING

A friend sends us the following clipping from the *Wilmington (N. C.) Star* under date of October 20, 1915:

Kinston, N. C., Oct. 19.—Mrs. Henry Pate, 37, of Payton Avenue, died as the result of an overdose of a patent medicine. She was the wife of a well-known man, who, with four children, survives her. Mrs. Pate gave birth to an infant. She took the medicine and was in great agony for some time before her death. The remains were taken to Goldsboro for interment. The child did not live.

When will we stop pouring drugs of which we know little into bodies of which we know less?

EDUCATION WITHOUT HEALTH—WHAT'S THE USE?

No use to spend so much time, money, and hard work on the mind, and no health—just to droop and die. A sound mind in a sound body—if we have it we must study for it just the same as for book knowledge. An education without health—what's the use?—"Sergeant Buzfuz," in *Yanceyville Sentinel*.

WHAT THE SCHOOL OWES TO THE CHILD

Public schools are a public trust. When the parent delivers his child to their care, he has a right to insist that the child under the supervision of the school authorities shall be safe from harm and will at least be handed back to him in as good condition as he was at first. Not only has the parent the right to claim such protection, but even if he does not insist upon it, the child himself has a right to claim it. The child has a claim upon the state and the state a claim upon the child, which demand recognition. We are beginning to find out that many of our backward pupils are backward purely and simply because, through physical defects, they are unable to handle the work of the school program. What these defects are, and the causes that lie behind them, are things that we must know. If we do not know them, we must find them out and guard against them. Education without health is useless. It would be better to sacrifice the education, if, in order to attain it, the child must lay down his good health as a price. Education must comprehend the whole man and the whole man is built fundamentally on what he is physically. Children are not dullards or defectives by the will of an inscrutable Providence, but rather by the law of cause and effect.—*Wisconsin Health Bulletin*.

RIDE YOUR HOBBY OUTDOORS

Every man should have a hobby, and that hobby should be of such a character as to induce outdoor exercise. And if it does this it is justifiable, no matter how poor it may seem in the eyes of others. Probably the one who has a hobby for gardening in the plot of ground which he owns, in connection with his home, has one of the most desirable hobbies and one that will secure him the most practicable form of outdoor physical exercise.

Most of the infections in children occur through the mouth, as a baby habitually puts everything into the mouth. Careless friends persist in handling a baby with their street gloves or soiled hands, or in giving him things that have been exposed to various conditions. Ignorant mothers frequently pick up baby's pacifier, toys, and so forth, from the sidewalks or other public places, and return them to the baby. Needless to say, everything that goes to the baby goes to the baby's mouth, carrying any infection to which the article has been exposed. One out of every 300 persons is spreading tuberculosis; perchance one of these has expectorated but a short time ago on the very spot from which you picked up the pacifier. Pacifiers and teething rings distort the mouth, and cause irregularity of the teeth. They should be put out of existence.

Periodic medical examination by competent physicians—not waiting till symptoms become pronounced—and following medical advice will forestall dangerous complications in many cases and is a form of health insurance that should be universal.

“Not skill, not books, but life itself is the foundation of all education.”

Herbert Spencer's theory of education is beginning to prevail. The world is beginning to realize that a sound body usually conditions a sound mind, and that all else is subordinate to a healthy vigor of both body and mind. The recent rich endowments of some of our leading medical schools, the great advance in the teaching of physiology and hygiene in our public schools, the emphasis now placed upon physical exercise in gymnasiums and on playgrounds, and the rapid extension of medical supervision and its ever-increasing thoroughness—all attest to the fact that we are coming at last to appreciate that certain primary factors essential to self-preservation must take precedence over mind decoration and mind ornamentation.

Did you ever notice that people rarely have colds during the summer months?

This known immunity from colds is not due to warm weather, except indirectly, but is due to the fact that people during the warm weather spend much of their time out of doors, and even when in doors have their homes and work places well ventilated.

It has been observed that even during the winter months people who work out of doors seldom have colds. The same is true of those who keep their homes well ventilated. This should convince any one that plenty of fresh air all the time, winter and summer, daytime and nighttime, will insure comparative freedom not only from colds, but also from all of the diseases that are due directly to bad air.

When the weather is cold keep baby up off the floor as much as possible—on a bed or couch or chair. Many mothers forget that cold air is heavier than warm air, and that while they are up in the warm air baby is down where it is cold.

THE COUNTRY STORE

Did you ever visit a country store on a cold winter day? You will find something like this: The shelves are jammed and packed with everything from age-worn, fly-specked calicoes and gingham on one side, to snuff and tobacco, grindstones and plough shares on the other. The groceries usually occupy the rear of the store, where there is less light, and the storekeeper thinks, less need of cleanliness and fresh air. The farm implements and a few pieces of necessary furniture, you will most likely find, suspended from the ceiling.

But near the door where there is more light, and in handy reach, is a very important section of the merchandise. Its ready sale makes it a lucrative business and one of which there's always a full supply. This is the patent medicine section. You will see package after package of "cures," "remedies," "tonics," "old reliables," etc. There you will recognize perhaps in

a row the faces of your old doctor friends: Piso, Hartmann, Pierce, McElree, Miles, and a host of others.

But in the center of the store, surrounding a rusty stove, a wood box and a useless spittoon, is the most interesting spectacle of the store.

The usual number of drop-ins and do-nothings are there gossiping, chewing, coughing, sneezing, and spitting. Those who come without a cough or a cold go away with one and return the next day to evidence the progress and report the sleepless night.

From day to day the chewing, hawking, coughing and spitting goes on. The coughs and colds grow worse, and the puddles grow bigger on the floor about the stove.

The neighborhood is soon visited with an epidemic of colds, grip, and pneumonia; yet nobody suspected the foul air of the country store, laden with the germs coughed out by these "loafers," to be the source of the epidemic.



• COUGHING ^{AND} SPITTING • SPREAD • TUBERCULOSIS •



The Health Bulletin

Published by THE NORTH CAROLINA STATE BOARD OF HEALTH

This Bulletin will be sent free to any citizen of the State upon request.

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MARCH, 1916

No. 12

THE DELAYED MARCH BULLETIN

SHORTAGE OF PRINTING FUND AND PAPER

A great many inquiries have been received regarding the late appearance of the March and subsequent issues of the Health Bulletin. This is due to the fact that the State Board of Health was recently advised by the Commissioner of Labor and Printing that the printing appropriation for the two-year period ending in March, 1917, has already been exhausted and that no further requisitions for printing would be honored. Arrangements were then made with the State Printer to "carry the account" for the Health Bulletin, provided its size be reduced from twenty-four to sixteen pages. Another effort was then made to get the reduced Bulletin printed, only to learn that sufficient paper for the purpose was not available.

It is to be hoped that future Legislatures may see fit not only to continue spreading information about disease prevention, but that they may make it possible, through the Health Bulletin, to reach every North Carolinian with the gospel of good health, hygiene and sanitation.

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FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

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| <p>No. 12. Residential Sewage Disposal Plants.</p> <p>No. 19. Compilation of Public Health Laws of North Carolina.</p> <p>No. 23. The Vital Statistics Law.</p> <p>No. 27. The Whole-Time County Health Officer.</p> <p>No. 29. Rules and Regulations for County Boards of Health.</p> <p>No. 30. Measles.</p> <p>No. 31. Whooping Cough.</p> <p>No. 32. Diphtheria.</p> <p>No. 33. Scarlet Fever.</p> <p>Anti-Spitting Placards (5 inches by 7 inches).</p> <p>No. 39. Tuberculosis Leaflet.</p> <p>Anti-Fly Placards (14 inches by 22 inches).</p> <p>Anti-Typhoid Placards (14 inches by 22 inches).</p> <p>Anti-Tuberculosis Placards (14 inches by 22 inches).</p> <p>No. 41. Tuberculosis.</p> <p>No. 42. Malaria.</p> <p>No. 43. Practical Privies.</p> <p>No. 44. State Policy for the Control of Tuberculosis.</p> | <p>No. 45. The Control of Smallpox.</p> <p>No. 46. Compilation of County Health Laws.</p> <p>No. 47. Privy Leaflet.</p> <p>No. 50. Baby Leaflet.</p> <p>No. 51. Rules and Regulations of County Boards of Health.</p> <p>No. 52. Malaria and What Everybody Should Know About It.</p> <p>No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough.</p> <p>No. 54. Disinfection After Scarlet Fever.</p> <p>No. 56. Tuberculosis Leaflet No. 2.</p> <p>No. 57. Health Helps for Teachers.</p> <p>No. 58. Fly Leaflet.</p> <p>No. 59. Typhoid Fever Leaflet.</p> <p>Sanitary and Hygienic Care of Prisoners.</p> <p>No. 60. Cancer Leaflet.</p> <p>No. 61. How to Nurse a Tuberculous Patient.</p> <p>No. 63. Health Catechism.</p> <p>The Child.*</p> <p>Teeth, Tonsils, and Adenoids.*</p> <p>How to Live Long.*</p> <p>Hookworm Disease.*</p> |
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*Furnished by the Metropolitan Life Insurance Company.

THE Health Bulletin



PUBLISHED BY THE NORTH CAROLINA STATE BOARD OF HEALTH

Vol. XXX

MARCH 1916

No. 12

EDITORIAL BREVITIES

Kill the few flies that have survived the winter now and save from having a million to kill in June and July.

Preparedness against the fly's arrival is the best way to fight him. Kill him before he comes. Clean up and keep clean that he may find no inducement to bring his family.

In the Municipal Bulletin, an attractive monthly publication of the city of Asheville, health is given first place as it usually is in the affairs of that city. The Bulletin is only two issues old, and in both issues the "Bureau of Health" follows only the editorial page, and occupies three, four or more pages. This shows what the business men of Asheville have uppermost in their minds.

Now is the time to cure malaria. It is true that there are no mosquitoes on the wing yet awhile, but it is also true that if you had malaria last summer and did not get the organisms out of your system, you are most likely carrying them now and will infect the first anopheles mosquito that comes along this summer. Quinine will be of double service to you now. It will not only rid you of malaria, but will prevent you from infecting other people by first infecting the early anopheles mosquitoes. See your physician and take the quinine treatment for malaria now.

The Civic and Benevolent League of Clemmons, N. C., recently sent a check to the State Sanatorium for the purpose of furnishing a room in the new building. We pass this idea on to other leagues and clubs who would do a good work by enabling some patient to take the cure for tuberculosis.

"Plant a garden" and "keep a cow" are two important health terms that are being especially emphasized just now in the fight against pellagra. Lean meat, milk, beans and peas are foods highly recommended in the diet prescribed for both the cure and the prevention of pellagra. Eggs and poultry are also highly recommended, therefore, we advise "keep a hen."

NOW IS THE TIME TO CLEAN UP BACKYARDS

Backyards can be made a valuable health investment for yourself and your children. Backyards left to dirt and ugliness are a health menace and a deadening environment. Clean up. Plant flowers where tin cans have grown, and in place of dangerous garbage cans and ash-heaps and garbage piles build seats and make playgrounds. A few cents and a few hours spent in making a sweet-smelling, clean place for your children to play may mean a big saving in doctor's bills, perhaps the life of a loved one. And you'll find satisfaction in it, too.

ARE WE BANKRUPT?



THOUSANDS of requests pour into this office from all kinds, classes and conditions of North Carolinians for health literature on many different subjects. Recently, however, a number of requisitions on the Commissioner of Labor and Printing for much-needed health leaflets and bulletins were declined on the ground that our present appropriation for printing for the two-year period between meetings of the Legislature had been exceeded.

Still the requests for health literature poured in from North Carolina's sick and well. This Board was indeed embarrassed. But one solution of the problem presented itself. That was to ask free health literature from the Metropolitan Life Insurance Company to supply these requests. The request was graciously granted and now this Board has on hand very good health literature such as is used by this company in its welfare work among its policyholders for distribution throughout the State.

In further explanation of this unfortunate situation the following facts should be noted: In 1911 the amount of printing allotted to the State Board of Health was \$8,000 for the biennial period.

This amount has not been increased, although since 1911 the work and activities of the State Board of Health have increased at least three or four times what they were at that time, and the popular demand for health literature and health information from all over the State has increased even more.

Great care has been taken at all times to conserve our health literature and to make it go as far as possible. Special efforts have been made to keep the mailing list correct and to cut off every name where for any rea-

son it was suspected that the Bulletin would not be appreciated.

We have no assurance as to when the policy of the Metropolitan Life Insurance Company, in regard to furnishing the State with free health literature, may be changed.

SHALL WHOOPING COUGH STOP COUNTY COMMENCEMENTS?



WE were made to feel recently that public health education has made progress in North Carolina. We were given to believe that knowledge of health and the prevention of diseases is not only reaching the people, but that it is doing its best work in creating among them a higher regard for health and leading them to see the wisdom of disease prevention. A county superintendent of schools writes the State Board of Health the following:

"For several years this county has successfully held an annual county commencement. I am somewhat perplexed as to the advisability of having this commencement this year and will thank you to advise me what to do. We have a very aggravated epidemic of whooping cough in four schools that are situated immediately at or within three miles of the only logical point where we can hold this commencement. If we have this commencement, we will have present at least one thousand children under twelve years of age. I should judge that at least seven hundred will be present who have not had whooping cough. I realize that this commencement will mean much to the little children, and for the educational development of the county, but it seems to me that we will be running a great risk to bring together this mass of little children and expose them to personal contact with children who have whooping cough and who come from homes where whooping

cough has been. We now have about one hundred cases, so I am informed by a physician, within three miles of here. I will thank you to write me frankly what you think of this matter. I feel it my duty, as an educational leader, to do all that I can to make the people realize that they do not have to have whooping cough or other contagious diseases."

The Board replies as follows: "A county commencement under the circumstances which you cite in your letter would cost your county at least five or more lives and from fifty to two hundred new cases of whooping cough. This is a conservative estimate, we think. Can your county afford this price? We think not, yet you lose a great deal by not having your county commencement, so another question is raised, to wit: would it not have been possible, with a proper system of quarantine regulations, which your county has not, to have prevented the epidemic which you have at present? There is a foolish idea in the minds of many intelligent people that all children must have whooping cough. Well, maybe the majority of them do have it sooner or later, but there is a wrong time and a right time, possibly, for a child to have whooping cough, as indicated by the following fatality table:

Under 1 year, fatality.....	26.8
Between 1 and 2 years, fatality...	13.8
Between 2 and 5 years, fatality...	3.0
Between 5 and 15 years, fatality..	1.8

"These figures show there is not much danger to life when a school child, one over 5 years of age, contracts whooping cough, but if that child has a baby brother or sister at home under 2 years of age or under 1 year of age, the danger to the baby is 1 out of 4, or 1 out of 7. If your county had the right kind of a system of quarantine, the people in the communities where

whooping cough appears would be given these facts and told how to use them."

It is, however, gratifying that the old, indifferent view which regarded all diseases, especially baby diseases, as providential and unavoidable is passing, and that it is now considered worth while to save one or two hundred babies from illness and probably a number from death and life-long defects. In other words, we consider it a great day for public health, particularly for child health, when a county superintendent of schools allows an epidemic of whooping cough to get in the way of a county commencement. From an educational standpoint, this quiet way of teaching the people the importance of warding off communicable diseases, such as whooping cough, measles, scarlet fever and diphtheria, will mean far more to the county than a number of commencement occasions.

COMPULSORY VACCINATION AGAIN

What It Would Have Saved This Woman, Also This Man



communication recently received by the State Board of Health from a woman into whose home a case of smallpox had been brought again makes clear the justice of universal compulsory vaccination against smallpox. As the story goes, a traveling man and his wife were occupying the upstairs apartment of this woman's home. The man had been sick several days with what the attending physician thought was grip, but which finally developed into an unmistakable case of smallpox. The woman of the house made request that the county take charge and remove the patient, but she was informed that the county made provision for no such cases. There was only one of two things left

for the mother and her family to do—to be quarantined from school and work for three or more weeks or move away from home for that length of time. This they did, all except the mother who considered it her duty to see that the case was isolated and her home protected. During this time she could get no servant or help of any kind. She suffered most every inconvenience, to say nothing of being separated from her family, and the unpleasantness of having smallpox in the home.

In conclusion, the woman said: "Allow me to ask who is responsible for the expenditure in a case of this kind. I am sending you a list of bare figures and would like to know if the city or county is prepared to meet these expenses:

2 rooms and four beds at hotel, three weeks (not including board)	\$105.00
Extra vaccinating	6.00
Drayage and car fare.....	1.50
Visit from family physician....	2.00
5 lamps, at 25c. each.....	1.25
Laundry	5.00
Renovating apartment	75.00
	<hr/>
	\$195.75

"I shall never use the bedding and rugs in this apartment again."

Such uncomfortable and unfortunate situations will occur as long as there is no safe and efficient method employed for controlling smallpox. Voluntary vaccination and quarantine will not do it. It did not do it in this case. Only by compulsory vaccination, which is fair to all, can such occurrences be avoided. In this case, if the man had been vaccinated, he would not have brought smallpox into this woman's home; if the person from whom this man contracted it had been vaccinated, he would never have had it.

A once-a-year clean-up is on a par with a once-a-year bath.

ON EXAMINING SPUTUM

One Examination Worth Little. Sputum Should Be Examined Ten Days in Succession.

DR. L. B. McBRAYER, superintendent of the State Sanatorium for the Treatment of Tuberculosis, calls the attention of the doctors of the State to the importance of repeated examinations of sputum for the tubercle bacillus before considering it negative. He says:

"The presence of the tubercle bacillus in the sputum is positive evidence that the patient has tuberculosis; but the converse is NOT true, that is, the absence of the tubercle bacillus from the sputum is NOT positive evidence that the patient is free from pulmonary or laryngeal tuberculosis.

"One examination reported negative counts for little, if anything. The majority of laboratory workers and clinicians recommend that the sputum be examined for 10 days in succession, before it is considered negative. The specimen sent should be purulent sputum if any such there be, or if at any time the patient should raise a grey lump of sputum, this should be sent for examination.

"But," he adds, "every case of tuberculosis should be diagnosed long before the tubercle bacillus appears in the sputum."

AN AUTHORITATIVE STATEMENT

Professor Sedgwick, president of the American Public Health Association, said: "The best teaching of hygiene, sanitation and public health of today is not found in the text-books of the schools, but in the bulletins and leaflets issued and distributed by certain leading boards of health."

All the time is clean-up time. Keep a scrubbin'.

PERSONAL HYGIENE



CARE OF THE EYES

Causes of Eye Trouble and How Prevented and Cured



HERE are about 300,000 blind dependents in the United States. About one-sixth of this number, or 50,000, are blind on account of a germ that gets into babies' eyes at birth and causes the disease known as ophthalmia neonatorum. This disease, however, is preventable by proper washing and cleansing of the eyes immediately after birth with a one per cent solution of silver nitrate.

To repeat, 50,000 of these people would have been spared a life of darkness and misery if somebody, whose duty it was to do so, had used this simple precaution at the right time. Most of the remaining 250,000 blind people could have had their blindness prevented, also, if there had been in all the schools an annual, systematic examination of all school children's eyes, followed by proper treatment. If these two important reforms should now be put into everyday practice, more than ninety per cent of the blindness in the United States would be exterminated in one generation.

An examination recently made of ninety-one children in one rural North Carolina school disclosed the fact that thirteen were suffering from serious defects of the eyes. These children complained bitterly of headache and of "being tired" all the time. The

teachers, on the other hand, made the complaint that the children were "lazy," "hard-headed," "stubborn," or "willfully intractable." Proper treatment was given ten of these pupils, which resulted in a number of them "making" two grades during the remainder of the session, and in all of them showing marked improvement and becoming good, tractable pupils.

Cause of Eye Trouble

Sight is the most important of man's senses and should receive the most careful attention, especially through the period of childhood. The causes of eye troubles are many. Serious defects in vision may be caused by apparently simple inflammations of the eyelids, the conjunctival membranes, or the cornea.

Many of the troubles of the eyelids and the membranes, bloodshot eyes congested, inflamed eyelids, and styes, are frequently found associated with eye-strain and even caused by it. Reading in a dim, unsteady light, in the twilight, in a bright glare from the sun or in an artificial light, is a frequent cause of eye-strain. Reading or studying in school with the light coming from the wrong way or with the book on a desk that is too high, or reading in bed, is also likely to cause eye-strain.

Wiping one's face on the common roller towel is a source of many dangerous eye diseases that are catching, such as glaucoma, trachoma and "pink

eye." "Glaucoma" is very serious, and a person suffering from it should receive in the early stages the services of the very best specialist available.

"Trachoma" is also a serious eye disease which primarily affects the eyelid, causing it to thicken and droop. There is also a variable amount of discharge. Foreigners having this disease are forbidden entry into the United States.

"Pink eye," technically known as "Acute Epidemic Conjunctivitis," is a common disease of the eye, and is caused by a germ. The best lotion for cleansing the eye and treating this condition is ten grains of boric acid to one ounce of boiled water. Dissolve the powders in the water while it is hot. Use freely as an eye wash at frequent intervals.

Eye-strain is also caused by refractive error in either eye, or by weakness of the muscles moving either eyeball. Since in both cases the trouble resides in the muscles, one can readily understand why the general health has so much to do with eye-strain. Astigmatism is a common form of eye-strain, and is due to faulty formation of focus.

Many people ask the question, "Why so many more defects of eyes today than a few years ago?" The answer is because the school term is longer, more children attend school, and there are more books and papers to read, all of which is naturally conducive to eye-strain.

Symptoms of Eye Trouble.

There are two great general classifications of all eye troubles: First, latent; second, manifest.

With the single exception of ophthalmia neonatorum, this latent class of eye troubles is the most important. One of the chief reasons for the necessity of medical inspection of school children is to discover the latent de-

fects which are present and which, for a time, cause no appreciable trouble, but are likely to cause trouble later. The eye is not fully developed before puberty; hence the first years of a child's school life are fraught with great danger to the sight. Every teacher of experience and every physician knows of instances where some of the pupils have gone on for a few years making good marks in their classes without complaining of any eye trouble, only to break down, perhaps, before the close of high school or at the beginning of a course in college, unable to go farther. Often these boys and girls are among the brightest in school, and thus their whole after life is handicapped and their future marred. It is often the case where a latent error of refraction is discovered by the careful use of the test card, especially in children from ten to fifteen years of age.

Manifest Symptoms of Eye Trouble

Inflammation is the prominent manifest symptom of eye trouble and should have the immediate attention of a reliable physician.

The normal eye has the power to distinguish letters or figures of a certain size at a given distance. If vision is defective, this cannot be done. "Defective vision is the lack of ability to see clearly." It may be due to either one or more of the causes mentioned above.

When eye-strain is present, there is a feeling of distress or fatigue after reading. The eyelids burn and smart and itching is sometimes present; the patient feels exhausted and frequently there is a frontal headache. In school a child frequently leans forward in trying to see the blackboard. Sometimes the effort to see causes "squinting" of the eyelids. One of the most noticeable symptoms in young people is the complaint made in trying to read that "the lines all run together."

Sometimes sick headache or, as the doctors say, "migraine" is one of the commonest symptoms of eye-strain. Some authorities say that nine-tenths or even more of all the sick headache is caused from eye-strain. Occasionally, chorea and epilepsy are caused from eye-strain, particularly is this true of astigmatism.

The three commonest forms of eye-strain and the most important from the standpoint of the growing child, because of their existence in the latent as well as manifest type, are: (a) hyperopia, far-sight; (b) myopia, near-sight; (c) astigmatism.

Hyperopia, or far-sight, is the "condition in which rays of light emanating from a distant objective point are focused to an image in the eye behind the retina." Myopia, or near-sight, is the "condition in which the rays of light picture the image in front of the retina." In the normal eye, the image is focused exactly on the retina. So the above common conditions are the result of faulty location of the focus of vision.

Astigmatism is a condition in which one or both of the refracting substances "(cornea and lens) have a different curvature and no image is formed anywhere." As stated previously, this condition is due to a faulty formation of focus.

Treatment

The great tragedy to so many people is they have eye trouble and don't know it until too late to remedy it, or having eye trouble and knowing that trouble of some kind exists, they neglect having an examination until too late to remedy it.

The only treatment for any kind of eye trouble is, first, to consult the best physician to be found, put him on his honor and follow his advice. If he thinks the services of a specialist are necessary, see a specialist.

Some accepted form of medical inspection of school children for rural as well as city schools, is absolutely necessary for preserving the sight and the health of school children and future generations.

CIGAR CUTTERS TRANSMIT DISEASE

Those who are familiar with the habits of smokers when using cigar cutters know that it is the practice of many persons before using a cigar cutter to moisten the tip of the cigar with the lips before cutting it off. It is evident that disease may possibly be transmitted in this way through the use of common cigar cutters in tobacco shops. There are a number of different types of cigar cutters in use. In some only the knife blade comes in contact with the cigar. In others, the end of the cigar presses into a conical socket and the knife cuts off the projecting end. If cigars are moistened in the mouth, the type in which the cutting edge only comes in contact with the cigar, would not be apt to carry much infection, but the one with the conical socket would be very likely to transfer the saliva of persons wetting the cigar to the cigar of the next person using the cutter.

Bacteriological studies made at the New York Research Laboratory showed that diphtheria bacilli could be recovered from a cigar cutter which had been used to cut the end off a cigar previously held in the mouth of a person ill with diphtheria. Other bacteria could be similarly recovered.

Hundreds of advertisements nowadays promise a cure for wrinkles, so that wrinkles must be pretty general. There is only one cure for them, and I give it to you with my love: "Don't worry."—M. Lubert.




CHILD HYGIENE

TWO MOTHERS AND THEIR BABIES

Showing There's a Right Way and a Wrong Way to Raise Babies

B^y MRS. W. N. HUTT, Raleigh.

 HERE were two women who lived as near as women generally live in the country, that is, they lived on adjacent farms, and about a quarter of a mile apart. Each was expecting the arrival of a little stranger in about two months. The preparations of each, however, were very, very different.

Mrs. Loving-Wise was indeed a wise and loving woman. She was fashioning little garments of material so soft that they would not scratch the baby's tender skin, so plain that it would not be much trouble to launder many of them, so short that the baby could kick as much as it pleased and develop its growing muscles. She did not sit and sew on these for long at a time because she knew that a cramped position was not good for her. She did light work around the house and took walks out in the woods. When she grew a little weary she lay down to rest, because she knew that strength spent in over-exertion could not be given to the child, and she wanted her baby to be sturdy and strong. When the time came that she did not feel like walking much, she and her husband would take the old horse in the evening when the day's work was done, and would jog along the country roads, both happy, both seeing nature

in her loveliest, both looking forward to the fulfillment of life.

The neighbor, Mrs. Well-Meaning-Good, got up early in the morning, very early. She hurried around, stood over the stove and became excited and tired in getting the men's breakfast. She stood on her feet and churned before an old-fashioned, back-breaking churn; she hurried to finish her housework that she might get out into the field and help her husband a little bit. She thought she was doing her duty, and so she was doing her duty to her husband. Therefore, she thought she was good; she did not realize that her first duty was to the little child whom she was bringing into the world, and that she owed that child a strong healthy body; that her husband could hire people to do his work; that the crops could even wait; but that no one but herself could give the baby the strong body which is the just due of any child. She had not the time to make preparations for her little one, and so at night, when the men of the family leaned back in their chairs and snoozed, she sat beside the lamp, weary and worn, making a few hasty preparations. She had not taken the time to write to experts about the best type of clothing, therefore, she was making old-fashioned bands, the long skirts that weighted down the little feet, and the be-ruffled and embroidered dresses which she would never find the time to launder well. She had prepared in no way for herself when her hour should come. no sterilized sheets, no anything.

Two months later there was a clean

and tidy nurse at the home of Mrs. Wise. Now, Mr. Wise was a poor man, and he and his wife felt that a trained nurse was a very great extravagance. However, they talked the matter over with their physician, to whom Mrs. Wise had been going every two weeks for months to be assured that her condition was all right. Partly through the doctor's advice and partly through their own good judgment, they decided that a good start to the child was worth any sacrifice. Therefore, though it cost them \$25, they decided to have a trained nurse for one week, and to have a very good \$10 nurse come in the second day before the trained nurse departed that she might show the other nurse how to care for Mrs. Wise for two weeks longer. When the time came, everything, therefore, was in readiness. The nurse was on hand, the doctor was called in plenty of time and everything passed off well. Although there were no complications, the mother did not sit up for three weeks, because she knew that the better care she took of herself in regaining her strength now the more she would have in future years.

Mrs. Good depended on the neighbors. When the time came the nearby neighbor had a bilious attack and could not come. They, therefore, went down into the swamp and got a kindly old negro woman who said she had brought a hundred babies into the world and knew all there was to know. They had not boiled or baked any sheets, pads, or other things to kill the germs that caused blood-poison, milk-leg, and similar unnecessary complications. The ignorant colored woman did not know anything about these things, in spite of the fact that she boasted of how much she knew. Neither did they have the 1 per cent silver nitrate solution to put in the baby's eyes as soon as it was born. However, amid much confusion, the

baby arrived before the doctor did. Mrs. Wise's nurse oiled her baby, wiped it with a soft gauze and folded it in a soft, warm, old blanket, but Mrs. Good's baby was left to shift for itself until the mother was a little bit cared for. Then it was washed in water that was too hot, the wash rag was shaken out until it was cold, and when it was put on the little tender skin, it gave the baby a shock from which it really never recovered. Moreover, a highly-colored, perfumed soap was used which irritated the tender skin.

The neighbors all came to see Mrs. Wise, but the nurse did not permit them to see her. Of course, the grandmother and other close relatives saw the baby and its mother after the first few days, but only for a minute. The grandmother did not think that all the windows should be open as they were, and she felt that the shades should be drawn, but the nurse smilingly shook her head, because she knew that air and sunshine are two of the greatest needs a sick room has. When the neighbors could not see Mrs. Wise they went over to see Mrs. Good and were allowed to enter into the dark, closed room. They talked to her until she became nervous and excited; they breathed what little oxygen was left in the air, and they handled the baby and started it off for life with nervousness and an imperfect spine. They were kind, well meaning neighbors, but they lived by "they say," instead of "the medical world has proved this method to be the best."

Mrs. Good had chills when her baby was only three days old—she wondered why. The colored woman gave her some herb tea and other dope. In spite of the fact that she was feeling very badly the colored woman departed at the end of the week. That day one of the neighbors called and to show how "peart" she was, Mrs. Good

got up and opened the door for her. When the babies were a month old Mrs. Wise was happy, smiling, and well, enjoying her baby, and getting out into the kitchen a few minutes now and then to direct the girl who had been engaged for a few months to do the work. The baby was a sweet, normal baby. Mrs. Good, however, had fallen over the stove when she was getting dinner two weeks before, and was in bed very sick, indeed. There she stayed until the baby was almost three months old. Everyone felt sorry for her and said, "Poor thing!" when really she should have been put in jail for using so little judgment when both her husband and her baby needed her.

Let us take the little babies when they were six months old and let me tell you about the daily life of each of them. Mrs. Wise had put most of the breakfast to cook in the fireless cooker the night before, and, therefore, did not have a great deal of hurrying to do to get breakfast. She wanted to keep the servant while the baby was little, but since the servant could not be obtained for the amount of money they could afford, she did the best she could herself. Her husband got up and built the fire in the morning and brought in fresh water and plenty of wood for the day. She gave the baby some cool fresh water to drink, washed its little face and hands, gave it its breakfast, and placed it smiling in the big comfortable basket which she had fixed for it on two chairs. She put the breakfast on the table and sitting opposite her husband, ate it leisurely, because she knew that to get indigestion meant to give it to the child as well. She piled the dishes in an orderly way, because it was easier for her to wash them while dinner was cooking than immediately after breakfast when baby demanded her attention. After clearing the table she

went into the bed room, which had been airing thoroughly all night, and closed the windows, built a little fire, placed the little tub of warm water on one chair and had the necessary garments airing and warming on a rack beside her with the soap, a clean, soft wash rag and towels at hand. She wore a big, soft Canton flannel apron and gave the baby its bath in comfort. And how the baby did love it! Mrs. Wise always used the thermometer to test the warmth of the water, therefore, the baby did not know what it was to have anything but lovely, comfortable water. She did not rub the baby dry, she patted it dry. She did not use highly scented talcum powder, she used either a mild one or a mixture of half cornstarch and half boracic acid tied in a cheesecloth. This she liked best. She did not use a tight band on her baby, but had a soft, knitted woolen one that would keep the abdomen of the baby free from sudden changes of heat and cold. She then put on its underclothes and a little nightie. It had been two and a half hours since the baby had had its first meal, so she gave it its second meal of the day. Now, this little baby had had just one touch of the colic and Mrs. Wise was afraid that her baby might have it again, therefore, she always gave the baby a drink of fresh water just before each feeding from a big wide-mouthed nursing bottle. Then she put the baby in its carriage, a great big roomy carriage with splendid springs, in which it could lie perfectly flat without fear of falling out. There was a hood over the carriage to shade the baby's eyes. Sometimes Mrs. Wise put the baby right outside the kitchen window under a tree where she could watch the baby while she did her work. She then stretched a big mosquito netting over the carriage to keep the flies away. At other times she put the baby on

the porch to sleep. It was then not necessary to use the net because the whole porch was screened. She always kept the flies from the baby, she always shaded the baby's eyes, and she always kept it in the fresh air.

Now, let me tell you about Mrs. Good. She nursed her baby all during the night, whenever it moved or fretted. It never occurred to her to give the baby a drink of fresh water instead of food. She had done nothing toward the preparation of breakfast, therefore, she hurried and worked, and the baby fretted. On account of the irritation and the hurry, when breakfast was ready she was so fretted that she did not care for breakfast. In fact, she stood up and waited on the table like a servant instead of the mistress, the wife and mother who should dignify the foot of the table. Her husband had forgotten to bring in fresh water and to fill the woodbox high with wood. Therefore, she had gone out and gathered up corn cobs and scraps of wood and had chopped a box in two. All this confusion! She was tired and the baby was cross. It was almost noon before the baby got its bath. The baby was washed in the kitchen. They had forgotten to get the right kind of soap the Saturday before when father went to town. He had, however, stopped at the ten-cent store and brought home a piece of brilliant green soap, and having no better, she used this on the baby. The day before the water had been too hot for the baby's little tender skin, so baby screamed when he saw the bath. She forced him into the water, and wiped him with a towel that scratched. The fire had died down and the kitchen was a little cold. While the baby was still angry, frightened and nervous, and the mother the same, she gave him the breast. The baby went to sleep and slept a restless half hour, to wake up with the colic. Poor little baby!

The thousands and thousands of babies there are that suffer more pain than we will ever know, because so many mothers try to be good instead of wise.

Now, this little baby was not put out on the porch to sleep in the fresh air; it was put back in the bedroom in which the windows had been closed all night. The room was dark and close. She knew that it was good for the baby to get out of doors once in a while, and so when baby woke up she dosed it with some herbs that the colored woman had given her, and gave it a little sugar and bread tied up in a rag. Of course, the sugar fermented and laid the foundation for indigestion later in life, but neither mother nor father realized what they were doing in giving the baby sugar. When the baby stopped crying she put it in a little go-cart, one in which the baby could not lie down, and which had practically no springs. Its virtues were that it was cheap and easy to handle. A little colored girl took the baby out along the road. She bumped it over stones and sticks. The poor little baby's spine grew very tired, but it could not lie down. The dust of the road was breathed in by baby and the germs in the dust gave it sore throat, which later in life made many doctor's bills. They met on the road an old man. He was not an admirable old man, having lived a very dissolute life, but he loved babies. He picked up this baby and kissed it, even though he had a most loathsome disease. The little girl wanted to go and see her own people, and so she took the baby in "just for a minute." One of the colored children had whooping cough, and, of course, the little white baby got it. Aside from this, the mammy dandled the baby on her knee and completed the spinal trouble that the unwise carriage had already started.

When the baby reached home again,

Mrs. Good gave it its food, though it was tired and needed only a refreshing drink of water. It was not time for the baby to have its milk.

Meantime, Mrs. Wise's baby had been out under the trees. She brought it in, glanced at the clock, and saw that it was not time for a meal so gave it a drink of water and wiped its face and hands off in cool water.

Mrs. Good let her baby crawl around on the floor, gathering dirt and dust. It was draughty, too, on the floor, and so baby got cold. Someone had dropped a peanut on the floor which, to be sure, was dirty and full of germs, but baby did not know this. It ate the peanut and that night had convulsions and almost died. The baby had toys, and once in a while the mother put a quilt on the floor and gave it the toys to play with. One was a rattle with sharp points, the other one a red ring from which it sucked the paint sometimes. Mrs. Wise did not like for her baby to be on the dirty, draughty floor, therefore, she had a little fenced-in platform made. She folded a soft washed quilt in the bottom, and placed some toys in it, toys from which the paint could not come and which had no sharp edges. Had the weather been warm she would have taken off the baby's dress and left him with diaper and band on only. However, as the weather was a little cool, she put on some stout rompers. He played with his toys and pulled himself up by the side of the crib. The railing did not fall over and let baby bump his little head as did the chair by which Mrs. Good's baby tried to pull himself up. When he grew tired he lay down and had a comfortable sleep, with his head on his own little pillow. Mrs. Wise had placed the baby-pen up on chairs, so he did not get the chill of the floor. Mrs. Good was very busy getting the dinner and when she looked around she found

that her baby, too, had gone to sleep. He was asleep behind the unlighted stove in the sitting room, but he was cold and blue. She put him in the bed but it was too late to prevent the deep cold from which he was weeks in recovering. Poor little baby—the victim of an unwise, unsystematic mother!

FLIES

(With apologies to Hamlet.)

House flies or no house flies: that is the question:

Whether 'tis nobler in the body to suffer
The stings and bites of pestiferous insects
Or to take arms against a sea of troubles,
And by opposing end them? To swat, to slap,
No more; and by a swat to hope we end
The filthy fly' and the thousand deadly germs
The pest disseminates. 'Tis a consummation
Devoutly to be wished. To trap, to screen,
'Twill doubtless stop a few: ay, there's the rub:
For where a stable stands a million come
To one that's swatted off this mortal coil.
We must give pause: there's the respect
That makes calamity of swatting flies.
For who would swat and trap—and screen his
doors

When neighbor's stables stand serene—
The breeding place of countless hordes
That swarm and buzz and buzz and swarm
again?

Who would close his doors to air and sunlight
To obstruct the deadly fly when stables
Cleaned but once a week prevent their breeding?

Who propagates the deadly curse of typhoid
Tuberculosis and infant diseases,
Spread by the fly, and sends to dreamless
sleep

Our most beloved? Ye men of action, hear!
Your filthy stables bred the flies that killed
Your neighbor's child. There was a time—now
passed—

You did not know the danger. Answer me,
This night, as you will have to answer when
you stand

Naked and alone before the great white
Throne of God:—Can you defend, or will you
try,

The stable that's a breeding place for flies?

Oxford, N. C.

BENJ. K. HAYS, M.D

"If you let the child have measles, you may save a doctor's bill later on, but you may have to pay the undertaker now."



PUBLIC HEALTH AND SANITATION



HEARST SYNDICATE BARS WHISKEY AND PATENT MEDICINE ADVERTISING.

Under date of Monday, January 10, 1916, William Randolph Hearst issued a signed letter to all his newspapers, as follows:

I note in a recent issue of the American an advertisement of a whiskey masquerading as a medicine.

I wish all our papers to reject all whiskey advertising of whatever kind and all advertising of any ardent liquors and all advertising of any medicinal preparations containing alcohol or opiates in habit-forming quantities.

Furthermore, I do not think that passive opposition to such great evils as the drink habit and the drug habit is sufficient for forces as powerful and vital in the community as our newspapers.

I think our papers have more active duties and more positive responsibilities. I think they should campaign for a system of sumptuary laws:

First. To prohibit the sale of injurious and habit-forming drugs except by the State and upon the prescriptions of regular physicians.

Second. To prevent the sale of alcoholic beverages except when the proportion of alcohol is fixed at some definite and acknowledgedly innocuous proportion.

Third. To make the taking or administering or prescribing of alcohol or opiates in habit-forming quantities a criminal offense from the penalties of which regular physicians shall in no way be exempt.

The campaign against the drink evil and the drug evil is a matter of public health, of public morals and of public righteousness which it is the duty of our papers actively and aggressively to promote.

(Signed)

WILLIAM RANDOLPH HEARST

TOY WHISTLES CARRY DISEASE

It is really surprising to see how thoughtlessly many parents purchase toy whistles from street peddlers who put them to their mouths for purposes of demonstrations. That this disgusting habit is likely to spread disease goes without saying. Some time ago, a bacteriological examination was made of twelve whistles purchased from push carts. Five of the whistles had metal and seven had wooden mouth-pieces. The average number of bacterial colonies developing from the wooden whistles were 99; from the metal whistles, 45.

A large variety of micro-organisms was found. In nine instances streptococci were isolated. These streptococci were tested on mice to determine their virulence. Eight of the nine mice died, five within twenty-four hours, two within the next twenty-four, and one four days after inoculation.

"Now, Johnny," said the old-fashioned member of the school board, "who was the father of his country?"

The bright boy of the class hesitated a moment and then replied: "Please, sir, they don't teach eugenics in our school"—*Drug Topics*.

RATS!

A recent issue of the U. S. Public Health Press Service has this to say concerning the fecundity and the destructive character of rats:

"We are prone to speak in disparaging terms of the rat, but the more one studies his manners and customs, the more he inspires us with respect, if for no other reason, on account of his versatility in promoting economic waste and distributing sickness, notably bubonic plague. He should be respected, if for no other reason, on account of the enormous amount of grain, merchandise, poultry, eggs, game, wild birds, fruits, vegetables, furniture, etc., etc., which he destroys every year, to say nothing of his incendiary qualifications.

"One authority estimates that the loss from rats in the United States is from \$35,000,000 to \$50,000,000 a year. When one considers the possibilities of the rat population, and the fact that a definite amount of foodstuffs of some description must be provided to keep their bodies alive, it is not difficult to form a mental estimate of the general loss sustained by the nation through the rat.

"It is when one undertakes the work of exterminating rats that they realize the capabilities of Mr. and Mrs. Rat to

produce children, grandchildren, great-grandchildren, and great-great-grandchildren. The average Mr. and Mrs. Rat will contribute three litters a year, each litter consisting on an average of ten young. As a result it has been computed that Mr. and Mrs. Rat will in five years (provided all can live so long) increase by arithmetical progression to 940,369,969,152 rats."

Of course, the above figures would not work out as presented in actual rat life; but they serve to give an impressive idea of how rapidly rats breed and multiply. Everyone knows that whenever left unmolested they soon exist in enormous swarms and become an intolerable pest.

TOO MUCH PREVENTABLE BLINDNESS

The *Journal of the American Medical Association* says that there are about 300,000 blind people in the United States. It costs about \$15,000,000 a year to support them. Probably 75 per cent of this blindness is due to two causes, namely, sore eyes at birth and neglected eyes during early school life.

TO LIVE WELL AND DIE WITHOUT FEAR

BREATHE deeply

EAT temperately
CHEW thoroughly

DRINK (water) copiously
CLEAN teeth carefully

BATHE frequently
ELIMINATE freely

LAUGH heartily
SLEEP regularly

WORK playfully
EXERCISE daily

SERVE willingly
SPEAK kindly

PLAY some READ much

THINK more

HEALTH

DARE TO BE YOURSELF-CHEERFUL, CONSCIENTIOUS, BRAVE









